

STYLE SPECIAL: FLIP FOR 25 PAGES THAT WILL MAKE YOU A BETTER-DRESSED MAN 

MARCH 2015

MIDDLE EAST

Men's Health

BLAST YOUR BICEPS

Kevin Hart's 50-Rep
5-Minute No-Joke Plan

BOOST YOUR BRAIN POWER

4 Genius
Mind
Tricks

$E=MC^2$

**COOK
ONCE,
EAT FOR A
WEEK**

BATTLE READY

Make Your Body
Indestructible
In 9 Moves



MH LAB TEST...

Get Abs From A Tube
Run Like An Olympian
Eat Yourself Ripped

**Q: WHAT WOULD HAPPEN IF YOU GAVE YOUR
NUMBER TO EVERY WOMAN YOU MET? A: P28**

Oman: OMR 2 Kuwait: KWD 1.6 Qatar: QAR 20
Bahrain: BHD 2 UAE: AED 20

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AN ITP LIFESTYLE PUBLICATION





BOSS
HUGO BOSS

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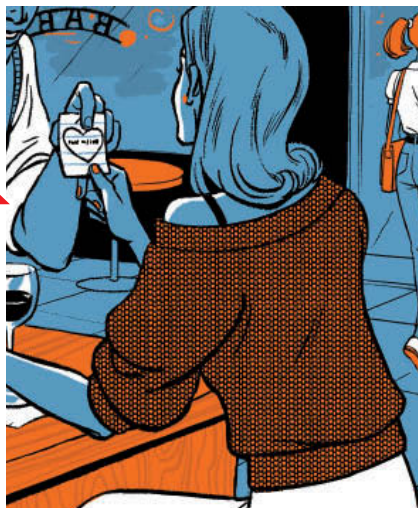
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The way you look after the chicken you've just bought for lunch is probably making you sick.



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What would happen if you gave your number to every attractive girl you met?

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How one man decided to unravel the mystery of his DNA and see where it took him.



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Wrestling's next superstar, Sami Zayn, on what it takes to make it big in Lycra.

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Porsche recommends **Mobil 1** and **MICHELIN**

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PORSCHE



How to get gym-smart with your workout gear

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Four genius mind tricks set to enhance your largest muscle.

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A bicep blast from the man set to be the Hollywood star of 2015.

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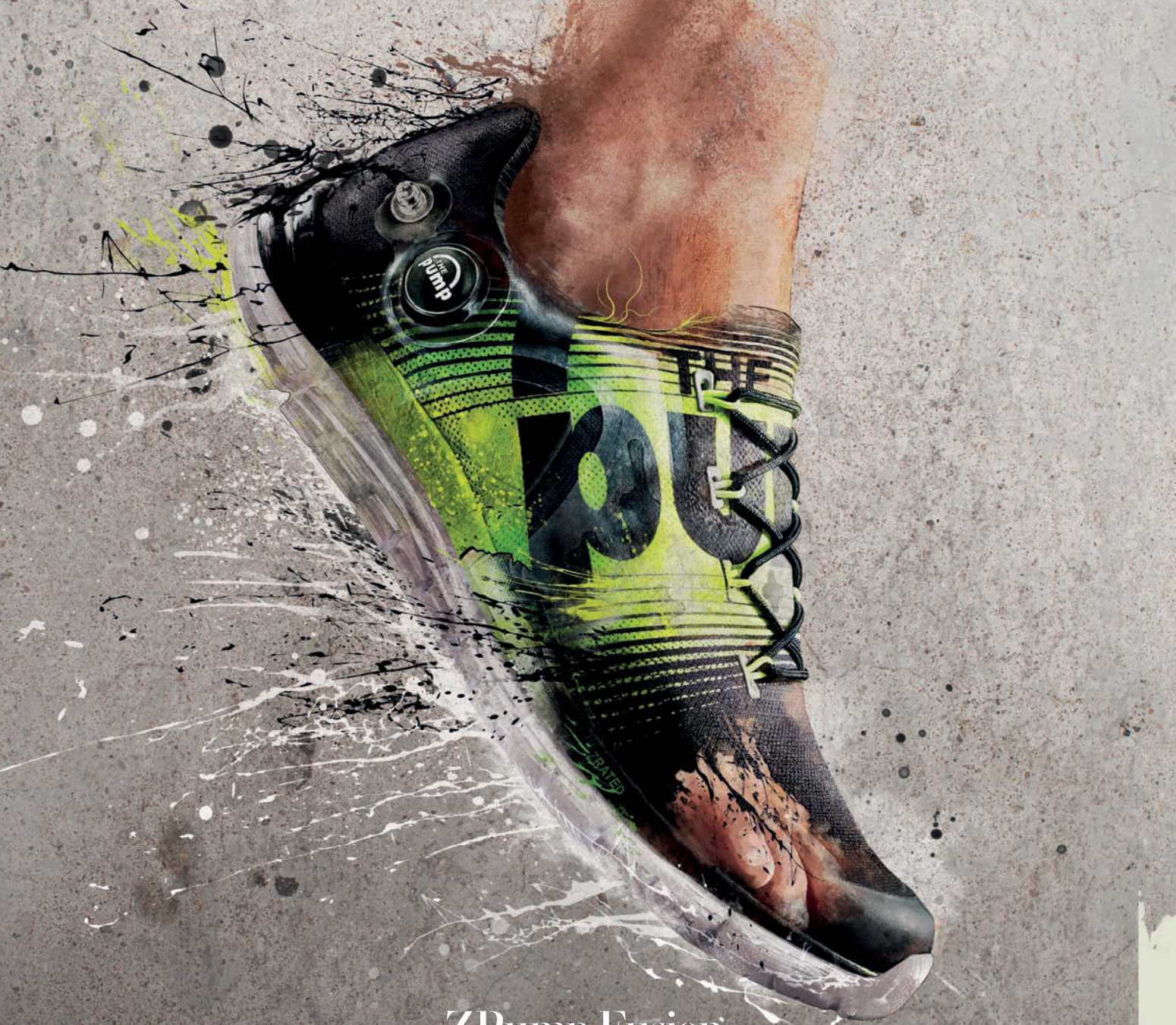
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We test a range of fitness fads on normal folk to see if they work.



Cover photography

Kevin Hart photographed by Emily Shur. Styling by Brian Boye, grooming by John Clausall, John Smedley sweater, Rolex Daytona watch, 7 For All Mankind jeans.



ZPump Fusion

PUMP TO FIT

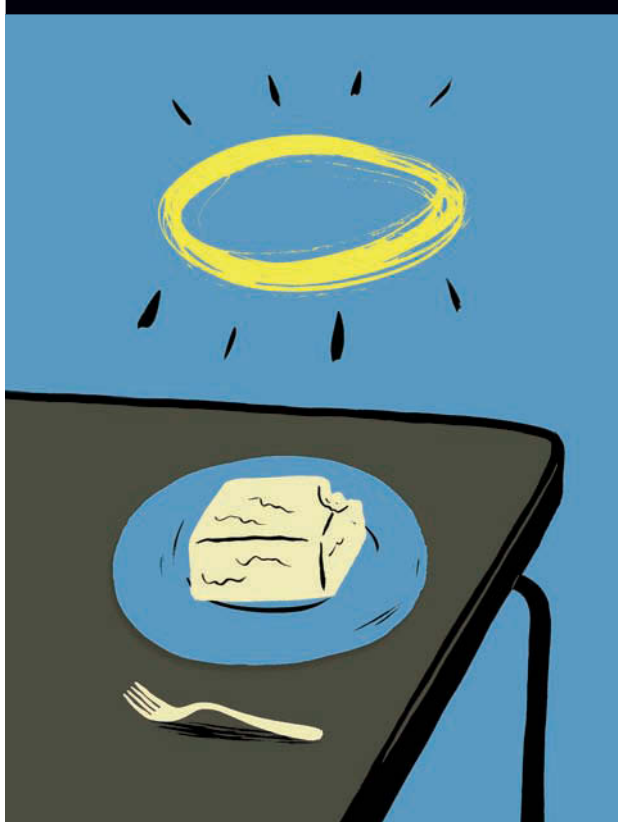
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Make the Lard Your Saviour

Most active guys view a well-timed dose of carbs as premium-grade fuel. But Jeff Volek, Ph.D., R.D., a professor of exercise and nutrition at Ohio State, has been studying a new breed of athlete, men who have abandoned the high-octane stuff in favour of a moderate-protein, high-fat diet that's very low in carbohydrates. He found that men who take in only about 11 percent of their calories from carbs burn more than twice as much body fat during exercise as their high-carb counterparts do. "Reducing your carbs may enhance your body's ability to burn fat for fuel instead of glycogen, a byproduct of carbohydrates stored in your liver and muscles," he says.

Expert Advice from **Jeff Volek, Ph.D., R.D.**

1

Don't Be Afraid to Eat the Skin

"If you're following a low-carb diet, you need to overcome your fear of fat; it's a critical source of fuel. It's also important for satiety. Stuff like chicken skin, marbled meat, and butter and cream bring pleasure to eating. Plus, dietary saturated fat is used as fuel, not stored, so it doesn't accumulate in your blood or tissues."

2

Master a Go-To Low-Carb Meal

"Mine is a crustless quiche. I use 1 cup of mushrooms, half an onion, 2 pounds sausage, ½ cup cream, and 2 cups shredded cheddar. Sauté the 'shrooms and onions and brown the meat. Now beat 13 eggs and add the cream, cheese, and sautéed stuff. Pour it all into a greased dish; now go and cook for 30 minutes at 375°F."

3

Schedule Your Sweat Days

"I used to be a competitive powerlifter. Now, with three kids and a busy job, hitting the gym isn't so easy anymore. So I schedule workouts in my iCalendar, which I share with my wife. I lift heavy weights for about 30 minutes. Sometimes I cycle for 30 to 45 minutes to build endurance."

4

Fight Soreness with Omega-3s

"I take 1 gram of fish oil every day as a source of EPA and DHA. Research shows it may improve heart health, ease inflammation, and relieve delayed-onset muscle soreness after exercise. I also supplement with 1.5 grams of glucosamine and 1.2 grams of chondroitin daily to help soothe the achy joints."

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2-SECOND LIFESAVERS

Win the P***** Contest

Taking more trips than usual to the urinal? Consider a trip to the urologist. Inflammation of the prostate and other conditions that make you go go go are treatable. And a Johns Hopkins study reveals a possible link between chronic inflammation and risk of prostate cancer.



Judd W. Moul, M.D., F.A.C.S., professor of surgery and director of the Duke Prostate Center at Duke University Medical Center, Durham, NC

Balance Your Brushing

You may have missed a spot. People spend about 62 percent less time brushing the inner surfaces of their teeth as they do the outer surfaces, according to researchers in Germany. Start in the back and pay special attention to the tongue side of your lower molars.



Mark Wolff, D.D.S., Ph.D., professor and chairman, department of cariology and comprehensive care, New York University College of Dentistry

Hit Zits with Zinc

Pimples? Simple fix: Eat nuts. New research suggests a link between acne severity and low levels of zinc, an anti-inflammatory and antibacterial mineral. Try supplementing with 50 milligrams of zinc a day, or snack on roasted peanuts, which have 2 milligrams of zinc per ½ cup.



Adnan Nasir, M.D., Ph.D., director of dermatology research, Wake Research Associates; adjunct assistant professor of dermatology, UNC Chapel Hill



Moustafa (Mobile)
160 / 1 of 7

Me

11:26 AM

Sorry, can't meet you
later. I'm really
loaded today.



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EDITOR'S LETTER

Once upon a time, this magazine would have its stock favourite cover guys and stick to them. Statham, Jackman, Beckham; arms folded, white T-shirt, job done. It worked, of course, but I'm a firm believer that repetition is the enemy of any good plan. That's why I'm delighted to feature a man, this month, who doesn't exactly fit the stereotype.

Don't get me wrong, Kevin Hart is in damn good shape – and his bicep plan on p54 will get results for anyone – but he reflects the everyman nature that we're founded on. Anyone can be cover-worthy providing you're willing to put the effort in. No joke!

All that said, it also helps that Hart is primed to be the man of 2015. His movie roles are increasing at the same rate as the aforementioned biceps and his motormouth style is rapidly becoming box office gold.

I guess the only chap that that's bigger than Hart at the moment is Eddie Redmayne, so it's a good job that we have him on our Style cover found on the flip side. Redmayne has scooped every prize going for his portrayal of Stephen Hawking in *The Theory of Everything* – including an Academy Award – but it's his fashion choices that we think are worthy of celebration. A guy who went to Eton with Prince William, he's as comfortable tying a Windsor knot as he is his shoe laces, and has some valuable advice to impart when it comes to wearing a suit with style – potentially with Royal approval.

While your style receives an official update from the catwalks twice a year, we prefer to concentrate on the classics; the rules that should form the base of everything you wear, and so offer you 11 essential items and numerous tricks from the industry's leading lights to bolster to your knowledge.

It's all neatly topped off with a little something from Colin Farrell, who tells us that once he'd made it to the sink to brush his teeth, his style game improved beyond all recognition. See; good old-fashioned common sense...

Enjoy the issue.

Andrew Nagy

Love us? Hate us? Can't quite work it out? Let us know...



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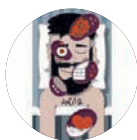


This Month

Five skills to get to grips with...



1. Make it in the WWE by virtue of hard work, dedication and fighting some midgets. (p20)



2. Wake up healthier and better looking with our 5-point full-body regimen. (p22)



3. Get gym smart by wearing the gear that will turn heads as you work up a decent sweat. (p25)



4. Eat healthy for the week in one burst. Five meals that are already in the bag by Sunday. (p56)



5. Run like an Olympian With help from a high altitude tent and a little bit of will power. (p83)

Middle East Men's Health

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A full-page background image of Usain Bolt in a dynamic running pose, wearing a dark blue Puma Ignite shoe with orange accents. The background is a blurred cityscape at night with blue and purple light trails.

RUN IGNITE

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ABU DHABI

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KHALIDIYAH MALL

AL AIN

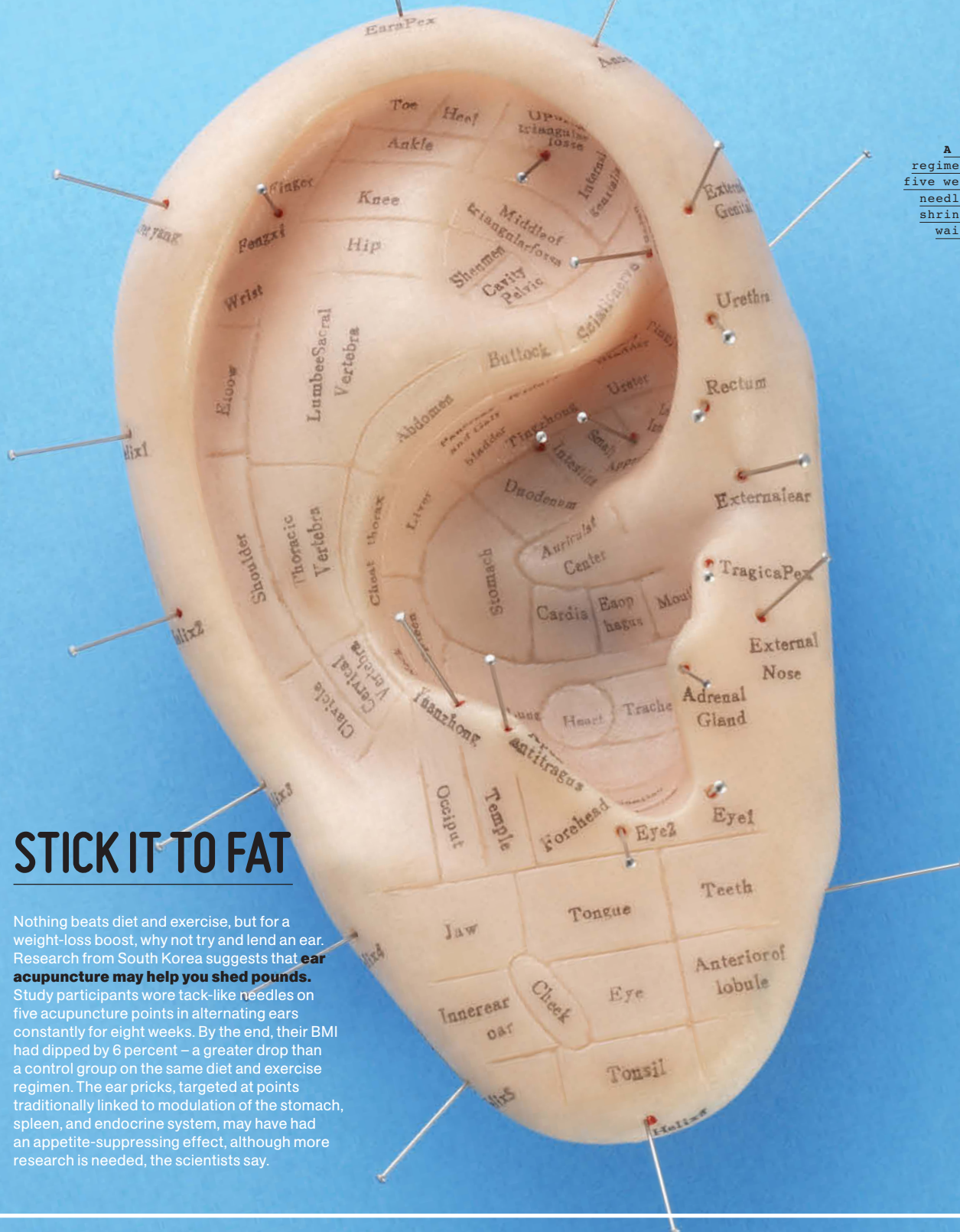
HILI MALL

Knowledge

A SIMPLE
regimen with
five wearable
needles may
shrink your
waistline

STICK IT TO FAT

Nothing beats diet and exercise, but for a weight-loss boost, why not try and lend an ear. Research from South Korea suggests that **ear acupuncture may help you shed pounds**. Study participants wore tack-like needles on five acupuncture points in alternating ears constantly for eight weeks. By the end, their BMI had dipped by 6 percent – a greater drop than a control group on the same diet and exercise regimen. The ear pricks, targeted at points traditionally linked to modulation of the stomach, spleen, and endocrine system, may have had an appetite-suppressing effect, although more research is needed, the scientists say.



MARCH
2015

PLANNER

Your month of competition ahead



Trisports Triathlon

(March 28)

The first triathlon to be held on the Gulf Road in Kuwait City. This one's a great option if you're getting into triathlon in 2015 as it's open to all abilities. Take part in either the Super Sprint or Sprint distance.

Venue: Al Corniche Club, Kuwait City

Details: Race time 7a.m.

Deadline: March 25

The Pearl Qatar Triathlon

(March 27)

The second edition of the Doha race sees a genuinely decent course and full international standards maintained. Two distances are available: 750m/1.5km swim, 20/40km bike ride and a 5/10km run.

Venue: Lido Venezia Beach Front, Doha, Qatar

Details: Race time 6a.m.

Deadline: March 8

Training note

Eat! It's so important to get back in the calories as well as proteins in order to help repair and recover the muscles. Eating should be done no more than 15 minutes post workout as this is the scientifically proven time frame where your body best utilises food for recovery.



Emirates Golf Club Half Marathon

(March 20)

Perhaps not your normal venue for a distance race, but this one offers a picturesque winding route around the continuous cart path followed by one loop around the perimeter of Jebel Ali Race course. There's also an element of running on hard pan sand in between the Faldo course and the race course.

Venue: Emirates Golf Club, Dubai, UAE **Details:** Race time 6:15a.m. **Deadline:** March 13

Early warning

Three events to start training for now

Dubai Holding Vertical Marathon

(April 3)

The 10th year of the event will once more see you barrelling up 52 flights of stairs at Emirates Towers for all your worth in aid of the Al Jalila Foundation.

Venue: Jumeirah Emirates Towers, Dubai, UAE

Details: Race time 8a.m.

Deadline: March 26



Energizer Night Rebel

(April 3)

Choose a 10, 20 or 30km distance, strap on your head torch and prepare to scramble over jeep trails, goat tracks and short climbs. Great fun.

Venue: Dubai, UAE

Details: Race time 8p.m.

Deadline: March 28

Five-Star Aquathlon

(April 17)

Another decent family event this one, with various age-group races on offer. Take the open water swim in the lagoon, before running around Emirates Palace grounds.

Venue: Emirates Palace hotel, Abu Dhabi, UAE

Details: Race time 7a.m.

Deadline: April 12





Fitness First

DON'T WAIT FOR INSPIRATION BE THE INSPIRATION

Just like Ayad who decided to be his own inspiration.

"Having a hectic work life, I neglected my health and fitness. I was overweight and tried dieting, but it didn't work. That's when I decided to seek professional advice and joined Fitness First. They helped me with a nutrition plan and custom made workout programs. My lifestyle has significantly improved and I am now able to juggle work & my social life with a healthy and fit body!"

Fitness First Community The Meadows, Dubai UAE

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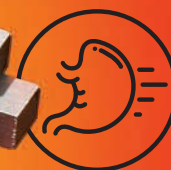


Block Out Distractions

One device at a time, people: **Media multitasking may physically alter your brain**, a British study suggests. The researchers found that the grey matter of screen junkies' brains was less dense in an area known as the anterior cingulate cortex, which helps regulate thought and emotion. Deterioration of this region could shorten your attention span and may explain why media multitaskers are more likely to be depressed or have social anxiety disorders, according to study author Kep-Kee Loh, Ph.D.(c). In other words, keep your head on straight and turn off your cellphone. And your tablet. And the TV.

WAKE UP SMARTER

If the boss asks, you weren't snoozing – you were memorising. **Resting for a few minutes after learning something new can boost memory**, a new Scottish study reveals. People ages 60 and older who took a 10-minute “wakeful rest” immediately after learning a list of words were able to remember nearly 20 percent more words 15 minutes later than those who played a computer game instead. And the benefits were still evident a week later. Even if you're in your 20s or 30s, quiet rest shields you from outside stimuli, allowing your brain the chance to strengthen new memories, says study author Michaela Dewar, Ph.D.



EMPTY BELLY, FULL BRAIN

Trust your growling gut: **You're more likely to make smarter decisions on an empty stomach**, according to Dutch researchers. Study participants who fasted before taking a series of tests made winning choices 50 percent of the time, compared with only 40 percent of the time for folks who ate a meal beforehand. “Being hungry may make you think less and act more on impulse,” explains study author Denise de Ridder, Ph.D. The implication: Undereating curbs overthinking. The intuitive approach might help when you're under pressure to make a complex call, says de Ridder.

14%

Grey matter boost in people 10 years after they reported eating fish (baked or broiled) at least weekly, compared with folks who didn't
Source: *American Journal of Preventive Medicine*



WEIRD SCIENCE
THAT WORKS



The Finding A cocoa-rich diet may reverse memory decline, say Columbia University scientists. Researcher Adam Brickman, Ph.D., believes cocoa flavanols affect the brain's dentate gyrus, which helps form memories.
Apply It People who consumed 900 milligrams of cocoa flavanols a day for three months reclaimed their memory function of 30 years prior. Try a daily cocoa extract supplement for maximum impact.



GET SPEEDO FIT


YOU HAVE THE WILL. WE HAVE THE WAY



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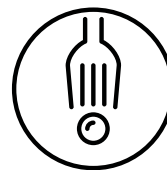
Sugarcoating: The Problem

As we told you last month, the enemy has been identified, and it's not french fries. Of everything we eat, **sugar is the greatest predictor of weight gain in men**, say researchers in Japan. For every 5 grams of sugar men consume daily, they gain almost half a pound within the year. And since the typical diet includes 22 grams of added sugar a day, you can see the problem. An easy way to cut back is to forgo the sugar in your coffee, says study author Hirohito Sone, M.D., Ph.D. One teaspoon is 4 grams of sugar. Your efforts can snowball from there.



FROSTY?
NO, MAN!

Knowledge / Weight loss



LIGHTEN UP AT NIGHT

Flip your meal plan around: **Eating your biggest meal in the evening may raise your risk of obesity**, according to new research from Italy. In fact, the risk was double for study participants who consumed half or more of their total daily calories at dinner. That may be because insulin sensitivity falls later in the day, while absorption rates of dietary carbs increase, says study author Simona Bo, M.D. So eat a big breakfast, a medium lunch, and a small dinner, she says.

HACK YOUR DIET

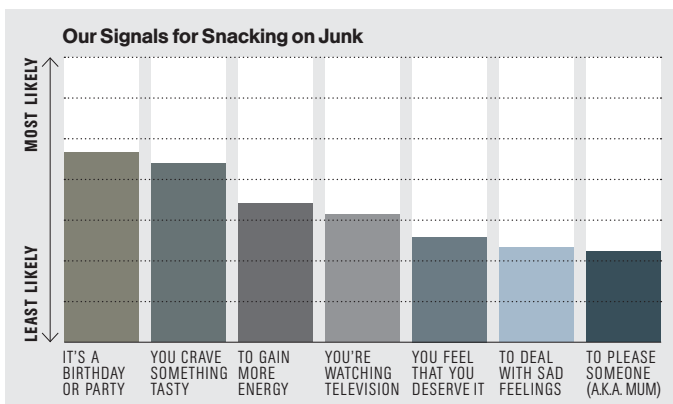


The Trick Use your laptop to lose weight: Ordering lunch online can save you calories. A study in the journal *Appetite* found that people who preordered lunch online selected meals with 115 fewer calories and 5.4 fewer fat grams, on average, than lunches that were purchased in person.

Why It Works Study author Etienne Phipps, Ph.D., says online planning removes sensory cues, such as food smells, from the equation, helping to prevent unwise meal choices.

THE GLUTTON BUTTON

Celebrate with care: **Parties provide the strongest triggers for unhealthy snacking**, a Dutch study reveals. "To prevent cravings, first identify your biggest trigger – like the crisp bowl. Then make a plan to change the behaviour, such as picking the fruit platter," suggests study author Aukje Verhoeven, M.Sc.



32%

Increase in pasta devoured when diners' companions were overweight
Source: *Appetite*



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GRAPPLING TIME

Sami Zayn made it to WWE the hard way – by wrestling anywhere he could and honing his skills courtesy of the toughest fighters around (and occasionally midgets). Here’s how the WWE’s Middle Eastern mauler did it

I WISH I HAD A SPECIFIC MOMENT OF CLARITY TO TELL YOU...

About when I decided to become a wrestler; some amazing moment, you know, the light hit my eyes... but this is the truth: as early as I can remember, wrestling has been a part of my life.

I DON'T REALLY PLAN VERY MUCH...

That's not the person I am. I didn't have this pivotal moment where I said – "That's what I want to do someday", it wasn't dramatic like that or anything. I just thought that I'd like to wrestle, so I did.

I GOT THE OPPORTUNITY TO BE TRAINED WHEN I WAS 17...

It was very basic and minimal but it allowed me to get my foot in the door of

the local Montreal scene. I learned more and more on the job. I went from Montreal to Quebec, Quebec to Ottawa, small scenes. It was hard to break out of the Montreal bubble then, but eventually I made it to America, and then Europe – it was a domino effect, it just takes time.

THE WRESTLERS I LOOKED UP TO WERE REAL JOURNEYMEN...

That's how you did it in the old days. These guys would wrestle all around the world on the independent circuits and hone their craft in territories that sort of don't exist anymore, but that made you learn very different styles.

MEXICO AND JAPAN ARE CRUCIAL PLACES TO WRESTLE...

They're unique, stylistically, to the



point that so many wrestlers have been affected both consciously and subconsciously by them. It's a mirror to the world, to globalisation, the way this universal style exists.

THERE ARE LOADS OF MIDGETS WRESTLING IN MEXICO...

It's insane the sort of stuff that goes on over there. It's pure showmanship and acrobatics. The psychology behind their matches is so different to anything else in the world. It's almost like a circus.

LOTS OF MY MOVES COME FROM MEXICO...

The art of showmanship, bringing the crowd along for the ride, which really rubbed off on me – never leave them in the dust.

IN MEXICO YOU'RE GETTING PAID LATE ALL THE TIME...

And probably a few bucks short too, everything is totally wishy-washy. In Japan they say something that you think is just in passing, and it happens. Those guys mean every word they say!

WHEN I STARTED THERE WAS ALMOST ZERO MONEY AVAILABLE

My first year wrestling I made 20 bucks once a month, so I made \$240 –



and that was pretty good, most shows weren't paying so if I got a 20 that was great. It took me about five years before I was making enough so I'd only have to wrestle. I'm not talking six figures or anything, just enough for a 23-year-old guy – not very materialistic, cheap taste – to live.

I WAS ONE OF THE LUCKY ONES...

I did pretty well for myself on the indie circuit. Wrestling's been my sole living for around eight years now – I was also living at home – I'm an Arab so you know that they want you to be at home until you get married, right!

WWE'S DIFFERENT NOW...

They're looking for models or professional footballers to get involved, so you have performance centres where people who have never wrestled a day in their lives are getting paid more than I made in the first eight years of wrestling. The starving artist in me would love to hate them – “you guys have it so good, you don't know what I did” – but you really can't fault them for their good fortune, it's just the way it is. I wouldn't trade my experience for theirs.

IF YOU DON'T LOVE WRESTLING, YOU WON'T MAKE IT...

Passion is what drives you so without it I'm not sure how it'll work.

GETTING A WWE CONTRACT WAS A GREAT MOTIVATOR...

That had been my goal for years. “Don't want to go to the gym today? – *WWE Contract*. Just want to hang out today? – *WWE Contract*”. Then finally it came and I was like, “holy s***, it's actually here”. But I had such a great time getting there – the years of struggle were all just part of the ride.

I'VE NO IDEA HOW JOHN CENA LOOKS THE WAY HE DOES...

The lifestyle of a WWE Superstar involves so much travelling and other elements that scheduling training is tough. I've only worked out once

this week, but next week I'm home so I'll train five days. You have to be adaptable and that's how my workouts are created – with change in mind.

RING SHAPE IS COMPLETELY DIFFERENT FROM BEING IN-SHAPE...

You'll see the guys who are the most physically impressive specimens, but they just can't go. They wrestle for two minutes and they're blown sky-high, but you get guys from the 80s, like Dusty Rhodes who didn't look typical, but he could go 60 minutes a night, six nights a week. I'm like that, I'm more performance built.

NO WAY COULD I HAVE FACED HAKU IN A STREET FIGHT...

The stories about him are legendary (see right), bar fights, eye gouging, and biting people's noses off, everything. The training was different back then. Hulk Hogan will tell the story of how, on his first day of training to be a wrestler, they actually broke his leg, things were crazy! They would rip your eyeballs out, too. Wrestlers in the '80s were insane!

THE PERCEPTION OF WWE IS ALL MESSED UP...

I probably shouldn't say this but, back when it started they weren't really touching each too much and everyone thought it was real. Now we're beating the s*** out of each other and everyone thinks it's fake.

A STEEL CHAIR WRAPPED AROUND YOUR BACK HURTS...

Like, way more than I think people actually realise. Thankfully it's now just the back, it used to be the head. When I first started I would get my head bashed in regularly, and I've had hits around the back when I was sure that my back was actually on fire, like, literally ablaze.

... DAMN, I WISH PEOPLE UNDERSTOOD HOW MUCH IT HURTS.



HOW TO BE A WRESTLER

Sami Zayn spent years on the indie circuit before getting his WWE break – your route starts in the Middle East.

Dubai Pro Wrestling Academy every Monday and Wednesday from 8:45 pm to 10:15 pm at The Champions Club in JLT. dubaiprowrestling@gmail.com

MOB DEEP

THREE OF OUR TOP STORIES FORGED IN WRESTLING LEGEND



1. Haku's bar fight

Haku's brawls outside the ring are stuff of legend, one of the most bizarre being when he and Samoan wrestler, Siva Afi, were at a bar and were called out over wrestling being 'faked'. Haku allegedly reached over, grabbed one of the guys and promptly bit his nose off, before he and Afi: "kind of cleaned house there and left."



2. Andre the Giant's extra calories

The legend of Andre the Giant's drinking almost overshadows his wrestling triumphs. There are numerous stories of his substantial intake: 119 beers in one sitting, 156 beer in one sitting, a case of wine on a four hour bus ride, a \$40,000 bar tab filming *The Princess Bride* and an average of 7,000 extra calories a day purely based on booze.



3. Captain Lou angers the mob

Captain Lou was from way back in the day, pairing up with Tony Altomare for The Sicilians, a tag team presented as Mafia bad guys. They clearly upset the wrong people and were paid a visit by three members of the real-life Chicago mob – including legendary boss Tony Accardo – telling them to lay off as they were giving the wise guys a bad name!



Wake Up Healthier

And better looking too

1/ Your Mind

SHELVE WORK WORRIES

Turn off your smartphone on schedule. People who stop reading emails and checking their phone at a set time each evening sleep better than those who don't put limits in place, according to a Northern Illinois University study. A deadline helps you detach from work psychologically, the researchers say.

2/ Your Eyes

DON'T BE ON THE LOSING SIDE

Try a new position in bed: An Australian review concluded that sleeping on your stomach can increase eye fluid pressure, which can raise glaucoma risk and worsen nearsightedness. Snooze on your back – unless you have sleep apnea. In that case, sleep on your right side, Turkish researchers say.

3/ Your Teeth

SKIP THE RINSE CYCLE

Saliva washes away germs and bathes your teeth in restorative minerals. But as you sleep, you produce less spit, says Marilyn Rothen, R.D.H., M.S., a dentistry researcher at the University of Washington. Before bed, brush with fluoride toothpaste. Then spit but don't rinse. You'll leave a protective layer of fluoride.

4/ Your Skin

IRON OUT WRINKLES

To save face, apply prescription Retin-A and a vitamin C serum, such as Skin-Medica Vitamin C+E Complex, on alternating nights, says Ted Lain, M.D., a dermatologist based in Austin, Texas. Why at night? Because sunlight can break down the active ingredients in these skin-improving products.

5/ Your Heart

POP BEFORE YOU DROP

Scientists in the Netherlands say that taking 100 milligrams of aspirin at night can reduce the odds of morning clot formation. Men tend to have a higher risk of heart attacks in the a.m., so this strategy may help mitigate the danger, says *Men's Health* cardiology advisor John Eleftheriades, M.D. – JULIE STEWART

ILLUSTRATION BY SI MACLENNAN

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1 **Sort Your Gym Game** by wearing the gear that looks good *and* works hard (p26)

2 **Be A Ladies' Man** by giving your number to every fit woman you meet (p28)

3 **Never Get Sick Again** by dragging your health care routine into 2015 (p34)

4 **Don't Fall Fowl** by learning how to store and defrost your chicken right (p36)

Men'sHealth

ADVANTAGE

YOUR EDGE — **IN EVERYTHING**



ANKLES AWEIGH!
Pull on a pair of
no-show socks
to absorb sweat and
fight foot funk



TONE IT DOWN
A lightweight jacket
in a solid colour
is versatile enough
for street wear

BEAT THE BULK
A tapered fit will
conform to your body
without restricting
your squat form

COMBINE FORCES
This gym bag, with
its rugged leather
accents, can double
as a weekender

DON'T SWEAT IT
Apparel made from
a wicking fabric
can nix postworkout
moisture with ease

Gym Clothes That Don't Stink

Footy shorts and an old tee won't power your workout. Update what's in your duffel and look better with every rep **BY DAN MICHEL**

SOME MEN SET LOW STANDARDS FOR THEIR GYM GEAR.

But if you're still working out in your Frankie Says Relax! tee, your exercise wardrobe - and reputation - could benefit from an upgrade. "The gym is more social now," says Matt Taylor, cofounder and CEO of the athletic line Tracksmith. "Women have raised their style game, and it's time for guys to catch up." New breathable materials can help you tame BO, reduce chafing, and mop up sweat. Did we mention that they look a lot sharper too? Follow these rules, and you'll be the best-dressed guy at the squat rack.

PICK A PATTERN
Camo in a neutral
colour is easy to
match and conceals
pesky pit stains.

1

Reject Boxy Attire

Workout gear used to be all about utility with little regard for fit. But that's changed now – and it's time you caught up with the trend. "These days you have no excuse to not buy athletic clothes that fit well," says Nate Checketts, cofounder of the performance line Rhone. It's more than just aesthetics: The better the fit, the more closely you can monitor your form. "If your clothes don't fit, you can't see how your body is moving," he says. Aim for peak visibility with shorts that hit about 2 inches above the knee and shirts that have no more than 2 to 3 inches of slack around the waist.

2

Turn Off the Flash

Some workout clothes scream for attention with bright colours and loud, dizzying patterns. While these pieces might be fun to rock occasionally, they're tricky to coordinate. They also age worse than moldy cheese and tend to steer eyeballs your way when you least desire them (like on your third set of squats). Instead, Taylor suggests losing the superhero look and stocking up on versatile shirts and shorts that more closely resemble what you'd wear on the street – neutral hues, simple patterns, subtle logos, and no motivational quotes. Leave those for the corkboard.

3

Ease the Transition

If you're the sort of guy who shows up ready to work out, be careful not to combine everyday attire with stuff designed to absorb perspiration. For instance, don't just throw that fancy peacoat over your running gear and head out the door. You'll not only funk it up with sweaty gnarliness but also take months off its life span, says Checketts. Instead, invest in a lightweight, long-sleeved jacket and some fast-drying, odor-resistant track pants in colours that match your tops to save prep time. You'll look more put-together than the dude wrapped in wool – and smell better too.

LEFT: TRACKSMITH TANK. MARC JACOBS PANTS. JIMMY CHOO SHOES. ZADEH BRACELET. MIDDLE: FEATS OF STRENGTH JACKET. LES HOMMES SPORTSWEAR SHIRT. DOCKERS PANTS. BROOKS HERITAGE SHOES. TOMMY HILFINGER BAG. RIGHT: FEATS OF STRENGTH TANK. RESPECT YOUR UNIVERSE SHORTS. BROOKS HERITAGE SHOES. OPENING PAGE: Z ZEGNA COAT. LULULEMON SHIRT. THEORY PANTS. CLAE SHOES. BEATS BY DR. DRE HEADPHONES. MIANSAI BRACELET. NAUTICA VEST. RHONE SHIRT. PUMA SHORTS. NEW BALANCE SHOES. NAUTICA WATCH.

5 REASONS WOMEN WILL GO FOR YOU

IF YOU'RE GIVING YOUR NUMBER TO EVERYONE, YOU MIGHT WANT TO COMMIT THIS LOT TO MEMORY



1. You've got heavy stubble

A recent study at the University of New South Wales found that clean shaven men were a no-no from the word go. Heavy stubble was most attractive.



2. You're wearing good glasses

A 2013 survey by style website, ditto.com found a whopping 87 percent of women found a man in glasses attractive. Go vintage with black or tortoiseshell.



3. Your chest hair is minimal

Stubble is in, chest hair, not so much. A 2013 study in New Zealand saw women rating images of men. The ratings decreased markedly as the chest of the subject increased.



4. You have a v-shaped body
Brad Pitt in *Fight Club* is the icon. Exercise and nutrition is your only option, but if you're a work in progress, buy some tailored jackets and fitted tees.



5. You smell nice

Obvious, right? Surveys prove that classic scent Armani Pour Homme is a firm favourite with women, but the key is to wear in moderation. Let your natural fragrance come through.



WHAT IF YOU ACTUALLY...

Gave Every Girl Your Number?

It's a Friday night. I'm shooting pool in a crowded bar when a blonde walks in, triggering that most primal of instincts: Me. Want. Her. Typically I'd suppress the urge to approach. Maybe it's because I'm lame – or a total wuss – but straight-up hitting on women seems uncouth to me.

Thanks to the ultimate wingman (my smartphone), I prefer a lazier, no-risk way to reach out. I'll scroll through Tinder, hoping that now that we've seen each other, we might also right-swipe to bypass some small talk. Or take a little trip through Instagram to see if she geo-tagged a selfie that I could comment on. (Think that's weird? Go tweet about it, pal.)

Tonight I call an audible. Pulling a pen and notepad out of my back pocket, I jot down my number and head on over. "Hey, I'm David," I say as I hand her the slip of paper. "You're compelling. Call me."

What exactly has gotten into me? Well, my usual approach doesn't work that well. As in almost never.

(One caveat: It does attract some crazy people.) So I made a pact with myself: Whenever I noticed an attractive woman, I would simply stop and give her my number. Then I'd be standing in front of her and could make another game-time decision: Head for the exit, or see if she wants me to stick around.

"Hysterical," says the woman at the bar – my first foray into this experiment. She tells me her name is Alexandra. "Women can't help but be impressed by a man who's willing to make a fool of himself."

The night doesn't stop there. We have a few drinks, and I walk her back to her hotel for a goodnight peck. "The next time I'm in town, I'll give you a call," she says.

Emboldened, I give my number out to a dozen more women over the next few days. There isn't really a plan or a script: Just be nonchalant, not aggressive, and empower her to make the next move.

Yeah, it's gimmicky. But guess what? The ladies are a bit intrigued. True, a woman in yoga class rolls her eyes and walks off in a huff, but later that day I resupply my courage and drop my digits to another gorgeous woman outside a hardware store. She asks me to stick around and hang out. A few hours later I try the same thing on another woman inside a bookstore. "You're funny," she says, smiling. We end up having martinis at a nearby bar.

While initially embarrassing, the gesture soon becomes exciting, even liberating: Instead of feeling like a cybergeek, I'm a new man. A man who's bold enough to face rejection. But you know what? At least half the women I give my number to call or text to meet up.

Edward Royzman, Ph.D., a psychology lecturer at the University of Pennsylvania, says it's the directness of this tactic that's so alluring to the women I approach. "You're revealing character traits, like boldness and a willingness to take chances, that from an evolutionary psychology standpoint are appealing to the opposite sex," he says.

And Royzman says we also have our Wi-Fi-enabled hyperconnectivity to thank, in part: "People now post information about themselves online that thousands of people they don't know can see, which in a sense trains them to be receptive to the idea of being intimate with total strangers." Plus, there's the modern role reversal. She has my number. I don't have hers. That means I can sit back and wait for the phone to ring.

Indeed. At one point I give my number to a woman who's waiting outside a coffee shop. "Um, thanks?" she says dubiously. But the next day I get a text: "You may be nuts, but who isn't? Coffee sometime?" Hmm... Maybe. After all, my schedule is filling up fast. – DAVID AMSDEN



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Who the Heck Do I Think I Am?

To solve the mystery of my existence, I had my DNA decoded. Here's what I learned (Spoiler: I'm your cousin) **BY DUANE SWIERCZYNSKI**



LIKE MANY MEN WHO ARE QUIETLY TRUDGING INTO THEIR twilight years (I'm 42), I've wondered about my ancestors. Who were they? What did they do? What complex series of joys, tragedies, romances, and hardships shaped my hopelessly gnarled family tree? And how do I find the answers?

So, like other old-timers, I spent Dhs75 on an Ancestry.com account and started filling in the blanks.

Right away I discovered cool things. For one, two of my great-grandparents had awesome names ("Felix," on my mum's

side; “Nazarene,” on my dad’s). And according to US Census data, two of my two Polish grandfathers lived a few blocks away from each other in South Philly – yet they never crossed paths until 40 years later, when my dad started dating my mum.

But as I clicked on yet another immigrant passenger log or draft card, Ancestry teased something truly magical: a DNA test.

For one low price (Dhs370), the almighty power of modern genetic science could be harnessed to reveal the secrets of my double helix. Who knows? Maybe I’m not even Polish and my impossible-to-spell last name is merely a cover for my true heritage. Maybe I was switched at birth (which would explain a lot).

How can I resist?

The Spit Take

The kit from Ancestry arrives in late April. My part of the process is simple: spit through a little funnel into a plastic tube until there’s enough fluid to reach a wavy line. “Do not overfill,” the instructions warn. (As if they can handle only so much of my DNA.)

Wait. What if this is an elaborate law-enforcement ruse – like how cops send letters to fugitives, claiming they’ve won a flat-screen TV and all they have to do is pick it up? My spit could find its way into a DNA-based police lineup. One tube mix-up and suddenly my genetic code is linked to a string of armoured-car heists in Santa Monica or a series of grisly murders around Portsmouth, New Hampshire.

But then again, I make my living as a crime novelist. If this happened, it’d be the best thing ever.

The Nucleotide Party

My drool is headed to a lab in San Diego. A lovely city. Wish I were going along with it.

I ask Stephen Baloglu, director of product marketing for Ancestry’s DNA-testing service, what happens next. “A robot deposits your DNA on a chip,” he explains, “along with a bunch of other people’s DNA.” In short, my DNA will be part of a genetic party. Baloglu likens it to an airplane, with every strand of DNA assigned a seat, but c’mon: DNA by its very nature exists to mingle. It’s going to get it on, right? Ancestry has assured me that

samples won’t be “getting it on.” But still. *C’mon*.

Next the chip goes in a machine, which reads out my genetic code. Human DNA is 99.9 percent the same. You, me, David Lynch – we all have the same 99.9 percent. But in that remaining 0.1 percent you find differences, many of which are genetic markers called single nucleotide polymorphisms. These determine your hair colour. Eye colour. Type of earwax. But they also serve as a series of vital clues to your ancestry.

“We focus on 700,000 of those markers,” Baloglu says, “and try to get the most value out of that data.” How? By comparing it to a pool of nearly 100,000 indigenous people across the planet. “We’ve gone to the farthest places in the world to collect DNA – and from people who haven’t moved from that specific place in generations,” says Baloglu.

There is, however, a lot of margin for error. “Your whole DNA sequence consists of four molecules, or ‘letters,’ arranged in a long sequence of 3 billion pairs,” says Robert Klitzman, M.D., director of the Masters of Bioethics program at Columbia University. “These tests look at only a fraction of the sequence – it’s like looking at the first letter on every page of a book.”

Secret Asian Man

First thing on Mother’s Day, I receive a happy surprise by email: My DNA results are in! It’s time to discover if my parents were lying to me. And if they were, can I quickly take back that Mother’s Day card?

The results come in two parts: something called my “Ethnicity Estimate,” and possible matches with other Ancestry members.

I grew up thinking I was 75 percent Polish and 25 percent Italian, thanks to three Polish grandparents and one free-spirited Italian grandmother (who spoiled us rotten). As the chart to the right shows, my estimates were a little off.

Now, the Irish I can explain. Whenever I’m having some Jameson, I tell friends I’m “taking a wee bit of the Oirish.” And clearly, I’ve done this enough for it to show up in my DNA. But South Asian? And what the heck’s the Scandinavian all about?

“People expect their percentages to match their genealogy, but the tests don’t do much more at present than distinguish between European, Asian, and African,” says Debbie Kennett, an honorary research associate at University College London and the author of *DNA and Social Networking*. “Ancestry does try to break down the continents



SPITTING IMAGE

You see only saliva, but 1,000 years of family secrets are hidden in that dish

MyAncestral Passport



- IRELAND <1%
- SCANDINAVIA <1%
- ASIA SOUTH 1%
- GREAT BRITAIN 2%
- ASIA WEST 4%
- ITALY/GREECE 10%
- EUROPE EAST 67%
- EUROPE WEST 14%

and assign country-specific names to computer-generated population clusters. This can sometimes produce bizarre results. I find that Americans invariably come out with much higher percentages of 'British' than I do."

Ancestry's Baloglu tells me that these "trace" results tend to represent the past 1,000 years; my presumptions about my ethnicity really go back only a few generations.

"People are more mixed than they think," says Dr. Klitzman, the author of *Am I My Genes?* "It's not as if people just stayed in their backyards throughout history." If they had, just think about how boring World War I would have been.

An Army of Eighth Cousins

The other half of my DNA results are much more surprising.

My DNA has matched me to three first or second cousins (with an "extremely high" probability), four fourth cousins ("very high"), and pages and pages (and pages) of fifth to eighth cousins, with a probability ranging from 50 percent all the way down to not freakin' likely.

Ancestry does not provide names and addresses; that would be creepy. Instead, you're given a list of usernames and a "review match" button to see if your family trees might intersect. (All matches are members of Ancestry who have filled in their family trees.)

Before I dive in, I pause. The whole thing strikes me as extreme social networking. Instead of friending or following or tweeting, I am essentially using bodily fluids to reach other people whose bodily fluids match mine in some way, according to some machine. If the folks at Ancestry had any marketing smarts, they'd call it "Spitter."

The first and second cousins I already know about. But the sheer number of "distant cousin" matches (hundreds) is daunting. My family is already

a piece of work. Do I really need more relatives? I've cast a fishing hook into my gene pool, and I'm a little worried about what might tug on the line.

Still, I've come this far. The "review match" button doesn't help with the distant cousins; no names looked familiar. I'll have to use the direct approach. I think about emailing something like:

Yo Cuz,

Hey! Looks like we're related. Can I borrow the car this weekend?

Sincerely,

Your Favorite Eighth Cousin (the handsome one)

But then I figure that might get me reported to the site, with my DNA revoked, or whatever. So instead I write:

Hi!

We're possibly fifth (or sixth, seventh, or eighth) cousins. I can't help but wonder if we might know each other in real life, how our family trees might intersect, or if we're even in the same geographic area.

Then I give a bit of my biography (Philly native, writer, dad) so they won't think I'm a lunatic or stalker.

I reach out to 18 possible cousins and hear from four. The third and fourth cousins never respond. (Feh! This is how they treat relatives?)

So who responded? Folks, meet my new family.

▶ A former OR nurse and artist, grandmother of five, living near Pittsburgh. Very friendly. Invited me to call anytime. (Note to self: Can probably talk her into borrowing the car next weekend.)

▶ A 34-year-old, 6'7" guy from Galveston, Texas, who works in higher ed and wants to write professionally someday. (At that height, I'd recommend a different career path for him. Such as "guy who reaches for things on the top shelf.")

▶ An individual who grew up on



"I HAVE WHAT?"

REM SLEEP BEHAVIOR DISORDER

When most people dream they're fighting zombies, all the gory action happens in their heads. But if you really start to whale on a walker — like your pillow or a partner — you may have this condition, which affects up to one in 200 people and causes them to physically act out their dreams. "During the REM stage, we have an active mind and an inactive body — you're actually paralysed,"

says Steven Scharf, M.D., Ph.D., director of the University of Maryland Sleep Disorders Centre. "But in people with this disorder, that mechanism is lost." The cause isn't clear, but it may be linked to fat-soluble drugs, such as antidepressants, and neurological conditions, like Parkinson's. Go to a sleep centre and have it checked out to be on the safe side. — MELISSA ROMERO

A SIMPLE CONVERSATION CAN TELL YOU IF DISEASE MAY BE IN YOUR DNA.
FIND OUT IF ANY OF YOUR IMMEDIATE RELATIVES HAD ONE OF THE FOLLOWING
CONDITIONS. AND THEN CHECK FOR YOUR INCREASED RISK.

	FATHER	MOTHER	BROTHER	SISTER	BOTH PARENTS	TESTING TIMETABLE
HEART ATTACK	45%	57%	206%	315%	128%	It doesn't matter who had the heart attack: Have your cholesterol levels checked once a year rather than every five. BP checks are every two years.
TYPE 2 DIABETES	96	101	168	183	399	If you're younger than 45 and have a family history, get tested now, especially if your BMI is 25 or higher. No history? Have your blood sugar tested at age 45.
STROKE	309	170	51	51	X*	The schedule is the same as it is for a heart attack: Have your cholesterol levels tested annually and your blood pressure checked every two years.
COLORECTAL CANCER	105	105	105	105	397	A family history of colon cancer earns you an early colonoscopy: Go for your first probe at 40 instead of 50. Then it's every five years thereafter.
PROSTATE CANCER	78	—	84	—	—	If your dad or a bro stepped on a gland mine, talk to your doctor about whether you might benefit from a prostate-specific antigen (PSA) test at age 45.

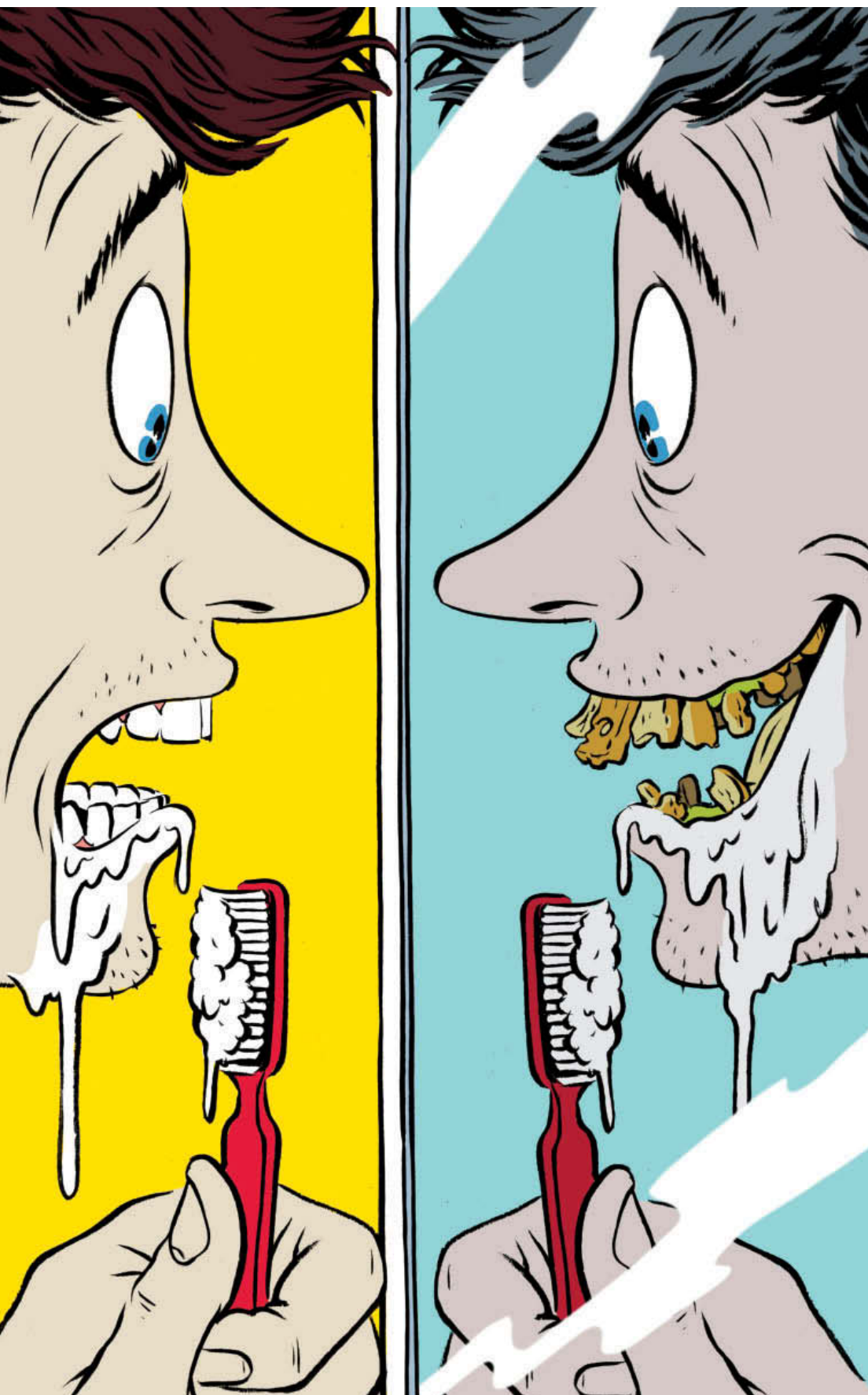
These numbers represent your increased risk of developing a disease if you have a family history, compared with the risk of the average guy who has no affected relatives. Sources: *BJU International*, *Circulation*, *Circulation: Cardiovascular Genetics*, *Diabetes Care*, *European Heart Journal*, *Gastroenterology*, *Journal of the American College of Cardiology*, *U.S. Preventive Services Task Force*. *Currently no data exists for this scenario, but it's safe to assume that if both parents have had a stroke, you're at a much higher risk.

These kinds of matches also have scientific limits. "It is much harder to predict relationships beyond the second-cousin level because of the ran-

Since It's clear that I'm someone who gets his DNA tested for fun, it's safe to say *those* genes have certainly skipped a generation. ■



IF YOU GO BACK FAR ENOUGH, AREN'T WE ALL COUSINS? THE BOND IS ESSENTIALLY MEANINGLESS, UNLESS YOU HAPPEN TO BE FAMOUS OR WEALTHY. IN WHICH CASE YOU BECOME MY FAVORITE COUSIN



CLEAN UP YOUR HEALTH ROUTINE

Is the advice you live by dead wrong?

BY AMY REININK

YOU'RE STUCK IN THE STONE AGE.

Sure, genetically you're 100 percent *Homo sapiens*, but some of your health habits are practically prehistoric. Everything evolves, including the research on what does and doesn't work to keep our species alive. That means you may be trying to fight death and disease with the equivalent of flint arrowheads. So how do you know what's obsolete and what isn't? After surveying nearly 500 guys, we came up with a carbon-dated list of fossilised strategies and the 2015 tips to replace them.

How many times a day do you brush your teeth?

28% ONCE A DAY
6% AFTER EACH MEAL
66% TWICE A DAY, MORNING AND EVENING

You clean your teeth in the a.m. and p.m., so why not at noon too? Because those extra brush strokes can erode your enamel, especially if you just ate some acidic foods for lunch, says Jeffrey M. Cole, D.D.S., the 2013 president of the Academy of General Dentistry. That means your best dental intentions may damage your choppers, leaving your mouth *more* prone to cavities, gum disease, and decay.

While three times is too many, once isn't enough. Unless you have perfect brushing technique (few do), one pass is bound to miss spots, says *MH* dentistry advisor Mark S. Wolff, D.D.S., Ph.D. Use the rule of twos: Brush twice a day for two minutes each time. At midday, use floss to make your mouth presentable after lunch.

What do you do when you're running a fever?

44% : TAKE AN OTC FEVER REDUCER
6% : COOL DOWN WITH A COLD COMPRESS
50% : JUST LET IT RUN ITS COURSE

Running a fever isn't so much a sign that you're sick as it is a billboard that you're trying to heal. How so? An increase of just 1 to 2 degrees in your body temperature boosts the productivity of your immune cells and helps them fight off infection, says Elizabeth Repasky, Ph.D., a researcher at Roswell Park Cancer Institute in the US. That means the 44 percent of guys who pop pills, and the 6 percent who try to cool down, may actually be taking the infection's side in the battle.

When you have a fever, your body shivers, signaling you to move to a warmer spot – such as under the covers. “The general advice now is ‘Don’t fight that urge,’” Repasky says. The exception: Seek help if your fever hits 103°F or higher or is persistent – lasting longer than three days.



What do you do to clean and treat a wound or cut?

29% : RINSE IT WITH WATER; THEN BANDAGE IT
40% : LET IT BREATHE UNTIL IT SCABS OVER
31% : CLEAN IT WITH HYDROGEN PEROXIDE

Congratulations: You're all doing it wrong. For the 40 percent of tough guys who think bandages are for babies, that battle wound may turn into an ugly scar, say Harvard Medical School researchers. They found that letting a wound scab over instead of keeping it moist is more likely to cause inflammation, which extends healing time and can result in unwanted scarring.

And while the sting of hydrogen peroxide makes you think it's working, the stuff is ineffective at stifling bacteria, a University of Miami study review found. As for OTC antibiotic ointments, they're known to cause skin reactions, says Texas-based dermatologist Anna Drosou, M.D. So wash your hands, and then flush the cut with water. Next, add a dab of petroleum jelly to keep it moist. Apply a bandage.

How do you typically deal with back pain?

12% : POP A PILL AND PRAY FOR RELIEF
14% : ICE, HEAT, AND REST UNTIL THE PAIN STOPS
74% : TRY TO KEEP MOVING AND STAY MOBILE

We get the logic: When in pain, take a pain pill. But a back attack doesn't listen to logic. Last year a *Lancet* study found that popping acetaminophen for lower-back pain was no better than swallowing a sugar pill. And an Australian study review concluded that heating your back may provide brief relief, but the evidence that icing works at all is lacking.

There's only one way to escape the stranglehold on your spine: Move. “People are often scared of movement, but it's the best thing for healing a back,” says Christopher Maher, Ph.D., lead author of the *Lancet* study. Just avoid pushing too hard too soon, he advises. Begin by taking a simple walk around the block, and then gradually up the activity ante over the next couple of weeks.

How do you stay hydrated throughout the day?

54% : DRINK EIGHT GLASSES OF WATER
20% : DRINK WHEN I'M THIRSTY
26% : DRINK WHATEVER MAKES ME PEE

Water is good for you. And it's the world's most boring beverage. Hence the dilemma faced by anyone who's tried to drink eight glasses of H₂O a day. So stop trying. The eight-glasses rule is arbitrary, says Stavros Kavouras, Ph.D., an associate professor at the University of Arkansas who studies hydration. Depending on your activity level, diet, age, and climate, you may need more or less than that exalted eight anyway.

Rather than tracking your fluid consumption, count how many times you unzip at the urinal. When Kavouras and his team studied the number of daily bathroom visits that correlate with adequate hydration, they came up with five. You can also judge the colour. If it looks like lemonade or lighter, you're golden.

HEAL THYSELF?

YOUR DOC MAY NOT HAVE THE HEALTHIEST HABITS EITHER.

42

Percentage of medical doctors who are either overweight or obese

6.5

Number of hours the average M.D. sleeps on a typical weeknight

4

Percentage of doctors who confess that they smoke cigarettes

Sources: Medscape Physician Lifestyle Report 2014; American College of Chest Physicians Sleep Institute; Gallup

The Food Smarts



FOUL BEHAVIOUR

A new study in the *Journal of Food Protection* suggests that you're mishandling your poultry, increasing their risk for infection with *Salmonella* and *Campylobacter*. Here's how to do it right

1. Shop smarter

At the grocery store, about 24 percent of people fail to keep uncooked birds and cuts of poultry separated from other foods in their carts. That doesn't sound like it would be a problem, but bacteria-laden juices can leak from poultry packaging onto other foods, including those you'll eat raw.

2. Find the right spot

Only about 17 percent of people correctly store raw poultry in the refrigerator. "The best recommendation is not only to put it on the bottom shelf but also to put it in a plastic bag to prevent any possible leaks," says study author Katherine Kosa, M.S. If you place poultry higher, juices can drip and taint foods below.

3. Don't wash it

About 69 percent of people wash or rinse raw poultry before cooking it – despite the fact that you shouldn't. The surface of raw poultry can contain harmful bacteria, and if you rinse it under your tap, contaminated water can splash as far as 28 inches on either side of the sink and 20 inches in front of it. That means nasty bugs can reach nearby kitchen surfaces and foods. Plus, washing poultry is pointless. "The bacteria can't be washed off," says Kosa. Only cooking will annihilate them.

4. Thaw safely

Only 11 percent of people who thaw chicken in water do it right. "The recommendation is to put it in a plastic bag and submerge it in cold water, not running water," says Kosa. "If you use running water, then it's just splashing that bacteria around." Change the water every 30 minutes and never use warm water, which can bring the meat to a temperature that encourages bacterial growth. And don't even think about thawing food on the counter – that brings it to unsafe temps.

5. Check the temperature

About 38 percent of people said they don't own a food thermometer. Of those who do, most use it to check the temps of whole turkeys and whole chickens, but fewer than half check smaller cuts or ground poultry. Take a few seconds to make sure all poultry has reached 165 degrees Fahrenheit (F). It's the only reliable way to determine that you've killed harmful bacteria, says Kosa.

01

02

03

04

05



The Review

THE RIB ROOM

THE PLACE

WHILE THE RIB ROOM HAS BEEN AN institution at Emirates Towers for years, the new restaurant at Jumeirah Zabeel Saray on the Palm, has only been open for around six months, but is already giving it a serious run for its money.

THE DÉCOR

SOFT GOLD LIGHTENING FILLS THE low-ceilinged bar, while the obligatory dark wood furniture and fittings are boosted by plush Chesterfield sofas dotted around the L-shaped venue. The restaurant is neatly divided by a stylish, Art Deco-inspired round bar which is the perfect place to start the evening.

THE FOOD

NATURALLY THE RIB ROOM SERVES UP some great British cuts of meat, but despite the implied pressure to chow down on some beef, their seafood is genuinely worthy of mention – the lobster in particular – and while the array of options might appear dizzying to the novice, the menu here really just emphasises simple, good food. While we



were there for the John Stone Master Butcher's Night, we're certainly going back for the Wagyu burger.

THE CLINCHER

DESPITE THE FACT YOU'RE HAVING TO TRAVEL on to the Palm, this is great addition to the restaurant scene in the city with quality food, knowledgeable staff and regular themed evenings. Go this month for the wine-paired Best Of The British Isles night.

THE DEAL

BEST OF THE BRITISH ISLES, THURSDAY MARCH 26, Dhs650pp, Jumeirah Zabeel Saray, +971 4 453 0444

The Revelation

THE BEST FOOD YOU'RE NOT EATING

IT'S TIME TO EMBRACE CABBAGE

Why It's Healthy: One cup of chopped cabbage has just 22 calories, and it's loaded with valuable nutrients. At the top of the list is sulforaphane, a chemical that increases your body's production of enzymes that disarm cell-damaging free radicals and reduce your risk of cancer. In fact, Stanford University scientists determined

that sulforaphane boosts your levels of these cancer-fighting enzymes higher than any other plant chemical.

How to Eat

It: Put cabbage on your burgers or in sandwiches to add a satisfying crunch to your meal.



The Recipe

Vegan Muscle-BUILDER

A protein-packed recipe created for Men's Health by Chef Siraaj at Tidjoori Biorganic & Vegan Café

Coriander & Paprika Lentils With sautéed Spinach, Crispy Kale & Soy Bean Puree

Ingredients:

50g Black Lentils (Soaked for 30min)
50g Brown Lentils (soaked for 30min)
40g Onion Chopped
60g Red Capsicum Chopped
5g Minced Garlic
2g Chopped Green Chili
20ml Olive Oil
3g Salt
300ml Vegetable Stock

For The Puree

100g Soy Beans in Pod Chopped
40g Onions
2g Minced Garlic
20g Celery
2g Salt
15ml Olive Oil
1g pepper
80ml Soy Milk

For The Spinach

10ml Olive Oil
70g Spinach
20g Chopped Onion
5g Minced Ginger
1g Salt
1g Black Pepper

For The Kale

80g Kale
5ml soy sauce
10ml olive oil

Method:

Lentils

Place oil in a pot on medium heat. Add onions, capsicum, garlic and chili. Sauté until onions are translucent. Add lentils and stock. Cook until the stock has evaporated and lentils are semi-dry. If lentils are still hard add some more water and repeat process). Once cooked set aside.

Puree

Add oil to a deep pan on medium heat. Add all ingredients except soy and cook for 8 min. Add milk and bring to boil then remove from heat. Blend until smooth.

Spinach

Add oil to a pan on medium high heat. Add onions and ginger and cook until the onions are translucent. Add spinach sauté for 6-10 min – depending on spinach.

Kale

Add the oil to a pan on medium heat. Add kale and soy sauce. Fry for 2 min and place in the oven for 7 min on a baking tray at 160°C check that it's crispy before removing from oven.

Finally, arrange lentils at the bottom, add spinach, crispy kale and use the puree as a sauce.

Tidjoori Biorganic & Vegan Café, Dubai Marina, +971 4 386 3131



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head right, down the alley.

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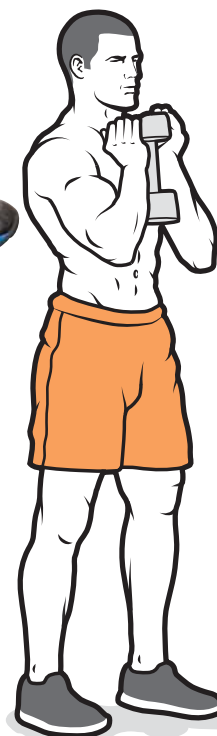
COACH



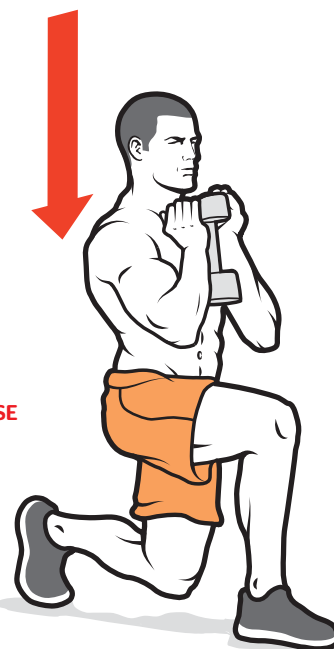
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 **MAXIMISE MUSCLE**
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LIGHT SPEED

Men's Health
fashion director
Brian Boyé
ratchets it up
on the treadmill



8 STEPS TO SLIM

Has your success gone to your gut? It did for this *Men's Health* editor, who set out to lose 30 pounds in 6 months **BY BEN COURT**



BRIAN BOYÉ WAS TOO GOOD AT HIS JOB. ON THE OUTSIDE, everything looked sharp. As executive fashion director for *Men's Health* in the US, he knew how to camouflage his excess pounds. "I wore sweaters and loose clothing," he says. "I untucked my shirts when I wore blazers, and I chose colours and patterns, like black and vertical stripes, that helped me look lean." But nothing could hide the lethargy he was feeling inside.

Brian's problems had begun two years earlier, in 2012, after a health crisis landed him in the emergency room. "I was sure I was having a heart attack," he says. He wasn't; in fact, tests revealed that

A SLIMMING COMBINATION

TORCH FAT FAST WITH THIS 3-MOVE SEQUENCE



PART 1 PUSHUP AND ROW

Grab a pair of dumbbells and assume a pushup position. Keeping your elbows tucked, lower your chest until it's a few inches from the floor. Push up. Row one dumbbell and then the other to the side of your chest. That's 1 rep.



PART 2 T-PUSHUP

Lower your chest again. As you push up, raise the weight in your right hand toward the ceiling and rotate your torso so your body forms a T. Lower the weight and repeat, this time raising the one in your left hand. That's 1 rep.



PART 3 MOUNTAIN CLIMBER

Lift your right foot and bring your knee as close to your chest as you can. Touch the floor with your toes; return to the starting position. Repeat with your left leg. Alternate quickly for 5 seconds. That's 1 rep. —BJ GADDOUR, C.S.C.S.

DIRECTIONS

Do 1 rep of each move to complete 1 complex. Don't pause between moves; each one starts in a pushup position so you can segue immediately into the next move. Do up to 10 complexes total (no rest) once or twice a week during a normal workout.



ROPEBURN

Intense, total-body moves, such as rope waves, build muscle and fry fat

his coronary artery was spasming, a serious but treatable condition called Prinzmetal's angina. "It really freaked me out," Brian says. "I started spending more time on the couch and binge-watching *Top Chef*, *The Amazing Race*, and *Orange Is the New Black*."

Around the same time, his workout buddy moved to Bangkok, and with him went Brian's motivation to exercise. For two years he made excuses. He was too busy to hit the gym, too rushed to eat well, and too immersed in his job to care. But that changed in April 2014, when he stepped on a scale during a visit to his cardiologist's office. "I was 30 pounds overweight," Brian says. In an instant, he became a statistic — one of 69 percent of his countrymen who are overweight or obese — and found himself at risk for a range of new health problems, such as coronary artery disease and type 2 diabetes.

"It was brutal," Brian says. "I felt embarrassed and ashamed." For the first time in two years, he also felt motivated. It took six months, but he lost the weight, put on muscle, and became a man he was proud to face in the mirror. Here's how he did it — and how you can too — by the numbers.

1

Number of scales Brian bought to track his weight

People who weigh themselves often are more successful at dropping pounds, according to a study in *PLOS One*. And recording your weight can help you be more mindful of what you eat and drink, says David Katz, M.D., M.P.H., a *Men's Health* weight-loss advisor. Brian keeps a log on his fridge.



FIGHT FAT

Body-weight circuits and MMA training can help you hit your fighting weight

12

Number of miles Brian runs every week

"I always listen to music when I do cardio – it makes the miles go by faster," Brian says. It also helps him push harder. "Music not only moves the soul but also lowers your perceived rate of exertion," says Gaddour. The key, he adds, is to play tunes that inspire you. "The right song can give you a burst of adrenaline when you need it most."

90

Percentage of weeknights he cooks at home

On the rare occasions when Brian does eat at catered events (which he attends almost every evening), he fills up on vegetables and protein and skips the sauces and rolls. "Eating out can take away dietary control," says Dr. Katz. "So it's important to have an eating strategy or to make sure you have food waiting for you at home."

45

Duration of Brian's spin classes, in minutes

"A friend suggested that I try SoulCycle," Brian says. Now he goes twice a week in addition to cycling outdoors with friends on weekends. "That camaraderie is hugely beneficial to weight loss," says BJ Gaddour, C.S.C.S., creator of *Men's Health StreamFIT*. "The more social you make fitness, the more likely you are to be consistent."

60

Duration of his boot camp sessions, in minutes

Military-style workout classes, like Barry's Bootcamp (which Brian attends twice a week), focus on intense total-body intervals. "Combining resistance and cardio continues to be the gold standard for lasting fat loss," says Dr. Katz. Plus, group training inspires plenty of friendly competition, so members go all out.

500

Volume of his daily meal-replacement shake (in ml)

"I combine apple, kale, spinach, ginger, and lemon," Brian says. The nutrients and fibre curb hunger for hours. "Calorie-controlled replacement shakes are a time-tested way to lose weight," says Mike Roussell, Ph.D., author of *The Six Pillars of Nutrition*. "They also cushion you against those times when you have less control over what you eat."

14

Number of days it took him to drop the final 10 pounds

Brian followed a clean-eating diet created by Burn & Build Body in Manhattan. He restricted his carbohydrates and calories; emphasised fruits, vegetables, and fish; and drank a pea-protein smoothie daily in place of a meal. "Being overweight is like wearing a weight vest," says Gaddour. "Lose the vest, and you'll feel like a new man."



INSIDER TRAINING

By David Jack

Should I be lifting to failure every time?

MATTHEW, DUBAI
Much like your car, your body will break down if you redline it too often. When you lift to failure during every exercise (as many guys tend to do), you increase not only your risk of injury but also your produc-

tion of stress hormones and the time you'll need for recovery. Instead, schedule an occasional "reach day" or "reach week" when you lift to failure. Otherwise, leave a rep or two in the bank during each set. That way you can maximise your gains without over-training your muscles.

What should I do on the days I don't have time for the gym?

ALIM, DOHA
Do two- to three-minute blocks of body-weight exercises throughout the day. This is called chain training, and the activity doesn't have to be strenuous; low to moderate intensity is

the key. You can focus on a single move, like a lunge to high-knee or a deep squat, or combine a few moves in a mini-circuit. Individual activity blocks might not feel that taxing, but the cumulative effect – busting stress, torching calories, and boosting mobility – can be

profound. Download Layar to your smartphone and then scan this page to check out my favorite chain-training exercises.



David Jack is the owner of ActivLab. Follow him on Twitter at @davidjack1.

The Match Winner

Make your mark on the pitch with the new **Umbro Velocita** one of the lightest boots on the market

► **RUNNING IN FOOTBALL RARELY INVOLVES** straight lines in the modern game, especially when you're trying to avoid the advances of the opposition's hard man.

One thing is for sure, whether you're twisting and turning your way out of trouble in the centre of the park, or dancing into the box in the last minute, the new Umbro Velocita could be the boot to bring some glory to your game.

Following a rigorous development and test-

ing programme at leading UK sports university Loughborough, the Velocita has been specifically engineered to offer a level of comfort for 90 minutes and beyond. Every element of the boot has been laboured over, down to the laces which have been flattened akin to runner's spikes.

The outsole is built for 'fast' speed in all directions, improving agility by mimicking natural foot motion and traction with a unique Umbro stud configuration.

Despite being one of the lightest boots on the market, comfort has not been made a casualty, and internal padding around the Achilles area offers a snug fit and protection and the external heel counter is made of tough yet flexible Pebax® material.

The Umbro Velocita launches in Nimbus Cloud, Dark Shadow, High Rise, Pink Glo available in HG (Hard Ground) version at Stadium stores and other leading sports retailers, Dhs775

TECH BEHIND THE GLORY

► Heat-welded 'A-Frame' cradle to stabilise and support the foot.

► The hot melt and mesh construction on the tongue provides optimum fit and ventilation.

► Weighing just 165 grams, the Umbro Velocita is one of the lightest football boots in the world.

► The upper is also heat-welded to reduce stitching and improved feel of the ball, acting like a second skin.

► A unique outsole configuration improves rotation when moving away from opponents.

► A super lightweight microfiber upper is pimpled like a golf ball for aerodynamicity.

► Single piece outsole means less glue, less layers and less weight.

COMPLETE THE SQUAD

Three essential items from the new Umbro range



DHS150



DHS120



DHS70

Max Muscle Mobiliser

RIP FOR THE TAKING

Ready to build and burn? Tear out this page and hit the gym



DESIGNED BY

Kelly Starrett, D.P.T., C.S.C.S., co-founder of San Francisco CrossFit

BEST FOR

Boosting shoulder and hip mobility, fighting flab, and packing on lean muscle mass

EQUIPMENT

Dumbbells, treadmill, foam roller, tennis ball

CALORIES BURNED

821*

TIME

50 minutes

*As measured by a fit 6'2", 185-pound man using a Polar M400 heart rate monitor

DIRECTIONS

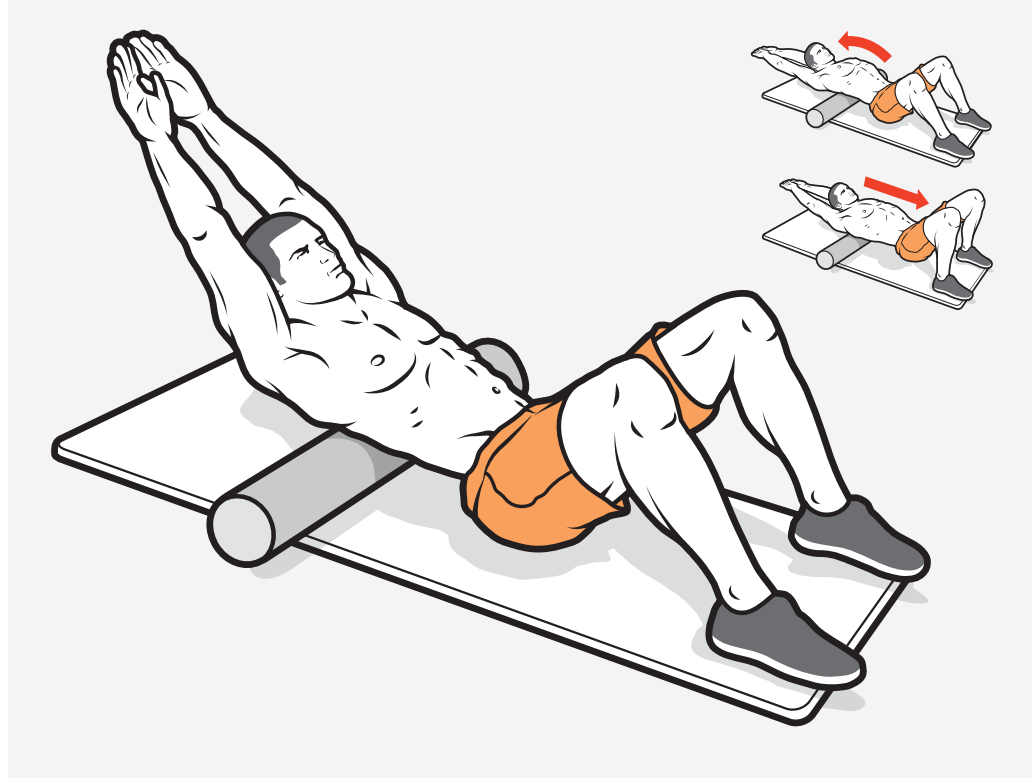
Warm up on a treadmill for 5 minutes. Do the joint mobilisation exercises (Part 1). Then move on to the workout (Part 2): Do 1 set each of 1A and 1B. That should take less than a minute. Rest for the remainder of the minute. Repeat for 2A and 2B. Then sprint on the treadmill for 1 minute or 200 metres, whichever comes first. That's 1 cycle. Do 10. Finish by walking for 5 minutes and doing soft-tissue exercises (Part 3), 1 set each.

UNCOVER YOUR ABS AND BUILD AN INDESTRUCTIBLE BODY WITH THIS CROSSFIT-INSPIRED SWEAT STORM

1 JOINT MOBILISATION

1/ Spine Foam Roll

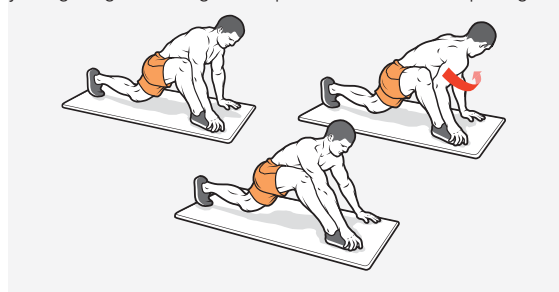
Place a foam roller on the floor behind you, sit on your glutes, and lean back on the roller. Bring your arms over your head and place your hands together. Arch your back over the roller, and slowly return to the starting position. Repeat several times, and then lift your backside off the floor and move backward and forward on the roller. **Time:** 2 minutes



BEST NEW WORKOUT No.1

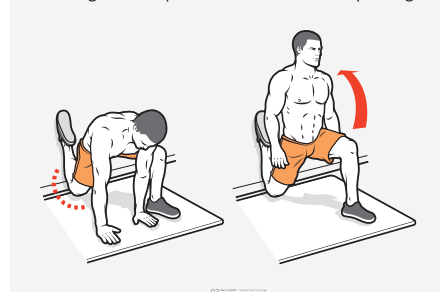
2/ Hip Sequence

Assume a lunge position, right leg forward, with your right hand on your foot and your left hand on the floor. Push your right knee out as you rotate your body left. Now drive your hips back, straightening your right leg. Switch legs and repeat. **Time:** 2 minutes per leg



3/ Couch Mobilisation

Back your right knee into the bottom of a wall and move your left leg into a lunge position, knee bent 90 degrees. Raise your torso and hold that position. Switch legs and repeat. **Time:** 2 minutes per leg

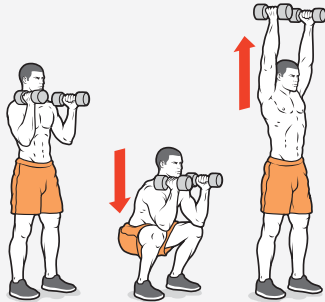


Portrait illustration by DANIEL NYARI

THE WORKOUT

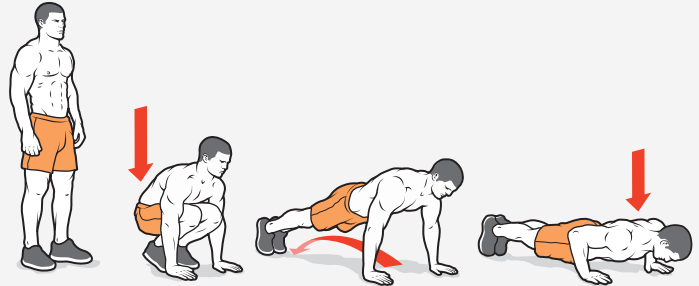
1A/ Dumbbell Squat to Press

Hold the dumbbells in front of your shoulders. Squat down, then explode up, thrusting the weights straight above your shoulders. **Reps: 5**



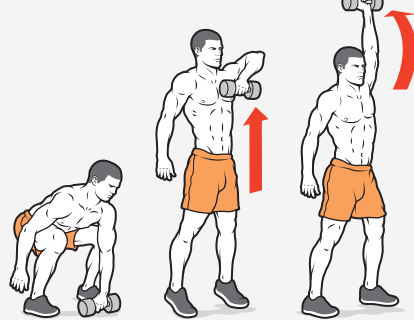
1B/ Burpee

Stand with your feet shoulder-width apart. Push your hips back, squat down, and place your hands on the floor. Kick your legs back into a pushup position and do a pushup, lowering your chest to within a few inches of the floor. Return to a squat, stand up, and repeat. **Reps: 5**



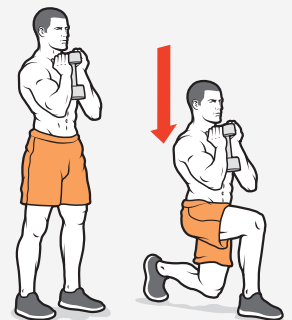
2A/ Snatch

Place a dumbbell on the floor between your feet and grab it. In a single movement, lift the weight up your body and try to throw it at the ceiling (without letting go). Return to the starting position. Do all your reps, switch hands, and repeat. **Reps: 5 per hand**



2B/ Dumbbell Goblet Lunge

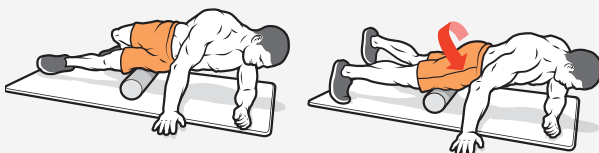
Hold a dumbbell vertically in front of your chest, cupping the top like a goblet. Step forward and lower your body until your front knee is bent 90 degrees. Return to the starting position. Do all your reps, switch legs, and repeat. **Reps: 5 per leg**



SOFT-TISSUE WORK

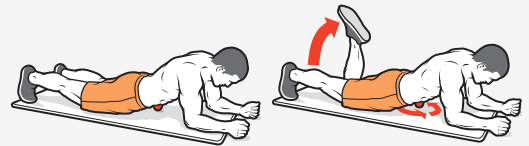
1/ Quad Smash

Lie on your left side with a foam roller positioned beneath your thigh, just above your knee. Slowly roll to your right until you're facing the floor. Knead the area of muscle pressed into the roller by raising and lowering your left heel. Move the roller farther up your thigh and repeat the process. **Time: 1 minute per leg**



2/ Gut Smash

Lie on the floor with a tennis ball beneath your navel. Roll the ball around by moving your body. Knead tight spots by curling the heel of your leg on the corresponding side of your body up toward your backside and then lowering it. **Time: 2 minutes**



NEVER SAY DIE
3 WAYS TO
KEEP GOING
WHEN ALL YOU
REALLY WANT
TO DO IS QUIT.



THINK SMALLER

Big sets can feel daunting. "Don't think about the 50 reps ahead of you, just the next 5," says CrossFit Games champ Rich Froning.



REMEMBER WHY YOU LIFT

Whether your goal is health, strength, weight loss, or vanity, keeping your eye on the prize makes it easier to resist fatigue, says Froning.



BE COMPETITIVE

"When things get hard, I think, 'Someone somewhere is working harder than me,'" says Froning. Competition is powerful motivation.

**EXPLOSIVE GROWTH**

Hold the bottom of a lunge, and then explode upward. Your muscle gains will jump as well

THE ANARCHY WORKOUT

The *MH* Next Top Trainer wants to remake your body by breaking all the rules you think you know. Are you ready? BY TREVOR THIEME, C.S.C.S.

IN 2014, *MEN'S HEALTH* LAUNCHED a search for the most talented, skilled, and inspiring fitness expert in the US. From a pool of hundreds, they chose eight finalists; they then went head-to-head in a series of tests of training know-how as they competed to become the first *Men's Health* Next Top Trainer.

The winner: Andy Speer, C.S.C.S., co-owner of SoHo Strength Lab in New York City. To seal his victory, they asked him to design a new program, one that'd yield benefits visible in the mirror *and* on the scale. You need just two dumbbells. The program? The Anarchy Workout.

"My goal was to help men move more weight in the gym and create more power beyond it," says Speer. "To do that, I had to break many traditional training rules."

First rule to go: Cardio and strength training don't mix. Each Anarchy workout blends cardio, strength work, and calisthenics in heart-hammering intervals that take just 30 minutes. How effective are they? An Auburn University study found that such training can burn 16 calories a minute. "But it's not enough to just train hard," says Speer. "You have to train smarter."

Read on for five training secrets that set Anarchy apart. Each can help you reach your goals faster, but combined, as they are here, the results are amplified: "You can lose up to 18 pounds in six weeks," says Speer. "You won't just be fitter; you'll sculpt a new you in the process."

Secret 1/ Be Progressive

Most training programs increase only one variable – exercise time or difficulty – within a given workout. "In Anarchy, you increase both," says Speer. "So if you're doing 3 sets of a T-plank, you might start with a standard T-plank, then do a T-plank with rotation, and finish with a T-plank with rotation and leg lift." Each set also becomes progressively longer. "The payoff is an enhanced metabolic effect," says Speer. "And the mental challenge of constantly learning new skills doesn't leave room for boredom."



MOVE TO THE SIDE

To build an athletic body, you need to exercise in multiple planes of motion

Secret 2/ Do Compound Sets

Most guys are familiar with super-sets and tri-sets, which combine exercises that hit noncompeting muscle groups (such as quads and pecs) in back-to-back sets. “The moves in compound sets target the same muscle from different angles,” says Speer. “So you might pair lunges and squats, or two chest exercises.” The goal is to increase the target muscle’s time under tension without exhausting it. “The effect is twofold,” says Speer. “You increase the growth stimulus and burn more calories.”



► **DO THIS** Perform 1 set of dumbbell chest flies followed immediately by 1 set of dumbbell bench presses (8 to 10 reps each) to complete 1 compound set. Rest for 60 seconds. Complete 3 compound sets for a serious upper-body pump.

Secret 3/ Press “Pause”

By themselves, isometric moves – which involve holding a position, like a plank – are powerful strength builders. “They’re another way to increase stress on a muscle,” says Speer. But isometrics become even more potent when integrated into a dynamic exercise – say, by holding the bottom of a jump lunge or jump squat and then performing several explosive reps. “It’s called isodynamic training,” says Speer. “By pre-fatiguing the muscle, you activate more type II fibres, which have the most growth potential.”



► **DO THIS** Holding dumbbells by your sides, assume a staggered stance. Lower your body into a split squat. Hold 20 seconds; then do 20 seconds of split jumps. Rest 40 seconds. Repeat, this time with your other leg forward. That’s 1 cycle. Do 1 more.

Secret 4/ Hit the Floor

Consider your current workout plan. How often are you on all fours? “For most men, the answer is almost never,” says Speer. “Very few men devote time to primal, quadruped movements like bear, crab, and baby crawls.” As a result, they’re missing out on exercises that not only strengthen the shoulders and core but also boost coordination. “They force your body to synchronise muscles in ways most of us have forgotten,” says Speer. “If you want to be more mobile and agile, you’ve got to start crawling.”



► **DO THIS** To perform a bear crawl, get on your hands and knees and lift your knees off the floor. Move your right hand and left foot forward; then repeat with your left hand and right foot. Crawl for 30 seconds; then rest for 30 seconds. Do this 2 more times.

Secret 5/ Switch Directions

Every time you do a squat, bench press, row, or other exercise with forward and backward movement, you’re training in the sagittal plane. “And that’s the only one most guys train in,” says Speer. But there are two others—frontal (side-to-side) and transverse (rotational). “Exercising in all three by doing moves like the lateral lunge and rotational slam [shown above] will work your muscles from new angles,” says Speer. “Plus, you’ll boost your mobility and stability, which are critical for athleticism.”



**TRANSFORM
YOUR BODY
FOREVER**

The *Anarchy Workout* DVD gives you eight high-intensity interval routines that blend calisthenics, weight training, and cardio into a fat-torching, total-body transformation. Order yours at theanarchyworkout.com.

100% CARDIO 0% RUNNING

Can't face the thought of another 5K #parkrun? Us neither. This is how to get the same psychological kick of the runner's high and build muscle, rather than just using up calories (did we mention you'll burn more of those too?). All without even mentioning the word 'treadmill'

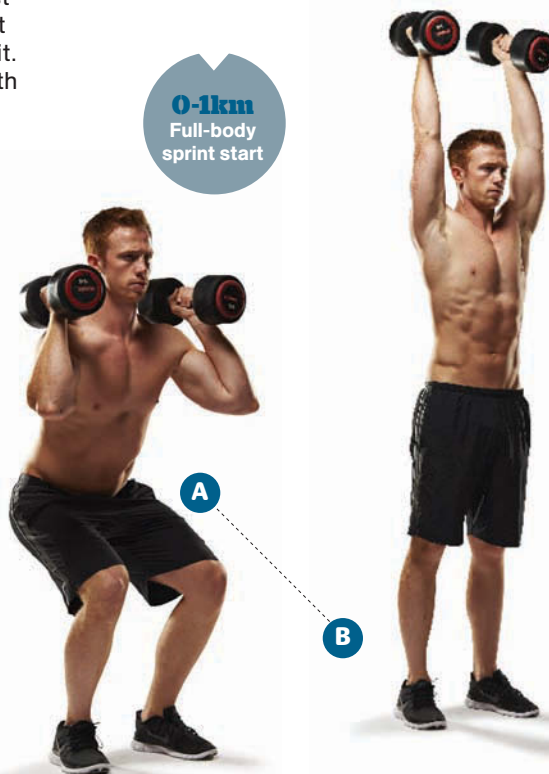
This is the final nail in running's coffin: a workout that takes every benefit of jogging – fat burning, muscular conditioning, a six-pack – and beats them. “Build up your heart rate in the same way as a 5K run with this session, until your aerobic system is flat out,” says conditioning expert Noel Carroll. “That

‘hanging on’ is what gives you the buzz after you finish and you’ll burn 40% more calories than you would plodding around.” Do five circuits of the following moves, aiming to complete the laps as quickly as possible and rest as little as you can. Try to beat your PB the next time you do it. You’ve got *that* in common with the guys in Lycra, at least.



R.I.P. UP
YOUR
RUNNING
PLANS;
BURY
YOURSELF
IN THIS
INSTEAD

0-1km
Full-body
sprint start



01

DUMBBELL THRUSTER/12 REPS

Get off the line fast. Rest a dumbbell on each shoulder and squat to a three-quarter depth (**A**). Now stand back up, driving the weights overhead (**B**).



EXPERT Noel Carroll

PROFESSION

Strength and conditioning coach at Arsenal FC. He doesn't mind running but understands your hatred

CONTACT

arsenal.com, @NoelsieC

1-3km
Strong core
section



02

SIT-UP/HIGH REACH/10 REPS

Your abs tense to keep you steady when running. To work them even harder, lie with your knees bent and arms stretched up (A). Then sit up, keeping your arms straight and raised (B).

3-4km
Rock solid
form



03

4X10M HOSE CARRY/20 REPS

As you tire your body goes all over the shop. This is how to stay strong. Keep tall and brace your abs (A). Walk 10m, turn and come back (B). Change shoulders after the first 10 reps.

04

BOX JUMP/30 REPS

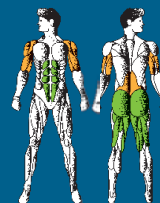
Finally, crouch in front of a hip-high box and jump onto it (A), using your arms for momentum (B); hop off. Repeat the circuit four times, enjoy the buzz in the showers and leave running for dead.



4-5km
Big explosive
finish

THE SPEC

MUSCLES USED



WORKOUT
20
MIN

RESULTS IN
04
WEEKS

LEVEL
MED

"I'm a

Big

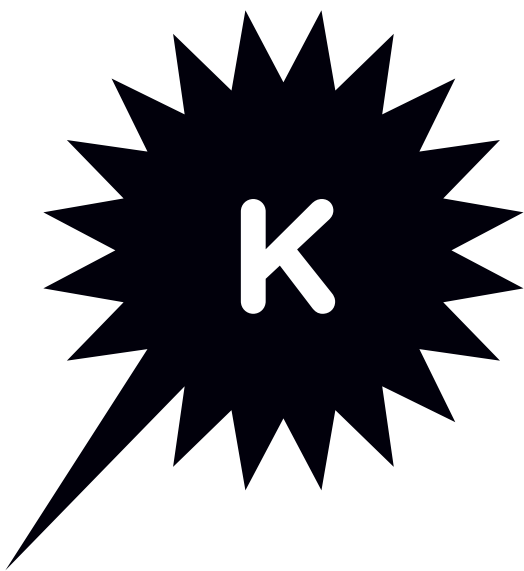
Goddamn
Deal."

Kevin Hart may be the biggest guy in comedy right now, so go ahead and laugh. Just be sure to listen to him too, the guy knows what he's talking about.









KEVIN HART BURSTS THROUGH THE DOOR OF THE OUTLAWS BOXING GYM, drops his bag on the cement floor, and starts undressing. He doesn't have time for things like locker rooms and privacy. He'd rather change into his workout clothes at the front door, which at this place – a tiny club in L.A.'s Tarzana neighbourhood – is being guarded by a very confused shih tzu. Boxers (the human kind) walk past Hart and do double takes. A few stop to say hello or give him a high five. None of them acknowledge that Hart is in his underwear.

Hart pulls a shirt over his head with one hand and taps on his iPhone with the other. He's also talking nonstop, ping-ponging between topics like parenthood, why his life is so awesome, and his new movie, *Get Hard*, out in March.

"It's about understanding your brain, you know?" he says of the comedy. "Everything you do should be about elevating your brain. It's not about doing things just to do them. Everything should have a purpose."

It's not clear what any of this has to do with a movie about a hedge fund millionaire (Will Ferrell) who hires the man who washes his car (Hart) to help him not get raped in prison. But Hart isn't jumping off this train of thought. "I always want to show that I'm going up, not down," he says. "I'm not progressing to go backward; I'm always going forward."

One word that will never be used to describe Hart is "pensive." There are no pauses in his patter. He starts talking and finds his way to a point. A conversation with Hart is never boring. Sometimes, though, you wonder what the hell he's talking about – until you look back and see a few principles emerge.

NEVER LET UP

"If you stop, or even if you slow down, you're going to look up and realise that somebody has passed you," Hart says of his career philosophy, which from certain angles seems to apply to his life in general. "And that's my fear, I guess. It's the fear of being passed or caught up to, you know? When you get hot, you can choose to stay hot or you can say, 'I'm going to take some time off now and relax.' I don't see the benefit of that. That's how you get left behind."

It's possible that you're not familiar with Kevin Hart, but that's not for lack of trying on his part. Over the past decade he's appeared in dozens of features, working his way up to above-the-title billing. Last year alone he starred in four films – *Ride Along*, *About Last Night*, *Think Like a Man Too*, and *Top Five* – all big earners. He has headlined several comedy tours and broken one of Eddie Mur-

phy's long-standing box office records. He has also filled Madison Square Garden. And yet Hart is still not considered a household name. Chris Rock – one of Hart's comedy idols – put it best on an episode of *Real Husbands of Hollywood*, the reality-show parody that Hart co-created. "I'm actually famous," Rock told Hart. "You're more *black* famous."

Hart, 35, seems to prefer it this way. He likes being an underdog, and he'll tell you as much. He'll tell you that he's always done well when the odds have been stacked against him. He'll tell you stories about his pre-fame years, when he was a shoe salesman in Philadelphia, his hometown. "My thing was, I'd ask them what they were looking for in a shoe," he says. "And then I'd go in the completely opposite direction. Someone comes in looking for running shoes; I'd try to sell them Timberlands. I loved that challenge. How can I sell them these shoes that they obviously don't want?"

But the underdog also wants to be noticed. Hart's last stand-up concert film, 2013's *Let Me Explain*, featured pyrotechnics that punctuated his punch lines. (He got the idea from Jay Z.) And in case it wasn't clear, he reminded the audience: "I'm a big goddamn deal!"

Which may explain his half-naked behaviour at the Outlaws Boxing Gym. He's not interested in gloves that were last worn by a sweaty stranger. "Do they have anything new, anything I can buy?" he asks. And then he has a better idea: We should go to Equinox, his regular gym. It's just a few miles away, in Encino, and so much... cleaner. He darts from the boxing club and jumps into his white Ferrari, which looks and sounds like a spaceship.

DON'T BE A B****

This scene – sports car, SoCal – is a long way from Philly, where Hart says his neighbourhood was rough. He credits his mom, Nancy, who raised him more or less as a single parent, for pushing him in the right direction. In his early stand-up career, he would ask his mother for rent help and she'd tell him to read his Bible. By the time he finally opened it months after that, several rent checks fell out. His mother died of breast cancer in 2006.

That was a story for Oprah. Onstage, Hart has used his absentee father, Henry, as fodder – the coke addiction, the stints in jail, and the time Henry showed up stoned at his spelling bee shouting "Alright, alright, alriiiiiight." Still, he gleaned some life lessons. Like this gem, he says: "Don't be a b****."

That was Dad's best advice? "Best advice!" Hart insists. "And it has nothing to do with being a woman. He meant b**** as in being the type of person who quits, or gives up, or cries when something doesn't go your way."

Hart is serious. And it's the reason, joking aside, that he has reconnected with his father in recent years. "When he finally got himself together, he didn't harp on what he did wrong and how it wasn't his fault," Hart says. "It was all, 'Okay, this happened. How can I make it better?' He never complained. He never, ever complained. And I respect that. That's all I needed."

At Equinox, a slick health club with a smoothie bar, Hart is definitely complaining, his biceps bulging, his tongue in cheek. "What the f*** are you telling me?" Hart shouts at his trainer, Ron "Boss" Everline. "I did eight sets of curls already! You trying to trick me?"

"That was a different exercise," Boss tells him, deadpan.

"No, no, this is a trick," Hart shouts back even louder, drawing the entire gym's

“When you get hot, you can choose to stay hot or you can take time off to relax. That’s how you get left behind”

The essential Kevin Hart filmography: *Think Like a Man* (2012), in which Hart plays hoops with NBA giants > *Laugh at My Pain* (2011), his breakout concert documentary with a

Funny Guy, Serious Guns

HARD DAILY WORK BUILT

KEVIN HART'S ARMS. HERE'S

YOUR THREE-STEP PLAN

Back Off the Curls

Hart does tons of curls. But trainer Tony Gentilcore, C.S.C.S., says if you can't do five perfect chinups, don't do curls. At the start of a program, focus on total-body lifts that also hit your biceps rather than target them directly.

Double Your Reps

Once you're ready, do a "double-rep set" of curls to maximise your pump. First, do 25 reps of a barbell curl. Rest 15 seconds; then do another 2 reps. Alternate between 15 seconds of rest and 2 reps until you hit 50 total reps.

Target Your Triceps

They're bigger than your biceps. When benching, lay a foam roller lengthwise on your torso so the top is between your pecs, and tap it with the bar with each rep. This emphasises the lock-out phase of the lift, which is all triceps.

► heart-wrenching yet hysterical account of his mother's funeral > *Ride Along* (2014), for his

attention. "I did that already! It's on the board. It's on the board! Do I need to get my lawyer on the phone? I'll do that s***! Don't test me!"

There's not much that'll rattle Hart's cage. He won't fight back with his ex-wife, Torrei, who has publicly accused him of having an affair with his now-fiancée while they were still married. He'll just shrug and blame himself for getting married too young. "It was in no way her fault. I made too many mistakes, and we will be better apart."

STOP DOING DUMB S***

Some may say Hart's an expert at doing dumb s***; yet he comes out looking somehow better. Like the honest way he dealt with his drunk-driving episode in 2013, when he nearly collided with a tanker truck. When asked to take a sobriety test, he calmly told the arresting officers, "Why waste our time... I'm drunk, man." And then he spent his time in jail doing pushups and situps. (He tweeted that it was 6,000 pushups and 13,000 situps.)

When he was "caught on tape" at Florida State University last November, it wasn't for having a meltdown or assaulting paparazzi but for telling quarterback Jameis Winston, who'd recently been busted for shoplifting and was under investigation for rape, "You need to stop doing dumb s***."

"That's good advice," Hart maintains. "All guys need to hear that occasionally. I need to hear that. Doesn't matter how old you get - if you're a guy, you're still tempted by dumb s***. You need somebody to tell you, 'What the f*** is wrong with you? Sit your dumb ass down!'"

Not being a b**** and not doing dumb s***, he says, represent the essence of what he's learned as an adult. "It's like, don't be an a*****, and don't let the a***** get to you."

His fiancée, Eniko Parrish, an aspiring model, is exercising nearby, and he makes sure I know that. "That's my fiancée coming to work out," he says, pointing to her. She's sitting on an exercise ball and thrusting her pelvis toward us. "Get it, baby! Get it, girl!" he yells at her. "Lift your butt up more! There you go! Get it! Get it!"

Hart starts doing dumbbell bench presses and grunts from the effort, so I pause. "No, no," he growls. "Ask me another question! Keep asking questions! I feed off of this s***!"

It's true: The more he sweats and strains, the more he falls into his performance swagger. When I met him, in the boxing gym doorway, he was polite and calm. But now Kevin Hart the comedian is emerging. He's the guy I recognise from the stand-up specials and movies.

"I did that already!" Hart protests when Boss brings him some hand weights. "You calling me a liar? I don't cheat! You want to watch the tape? Play back the tape! Play it back!"

LAUGH AT DEMONS

If we've learned anything from people like Robin Williams, it's that often the greater the comedy genius, the bigger the demons. Depression, dark impulses, drugs: If you're any good at telling jokes, we've come to assume that you've also got some deep-rooted psychological issues.

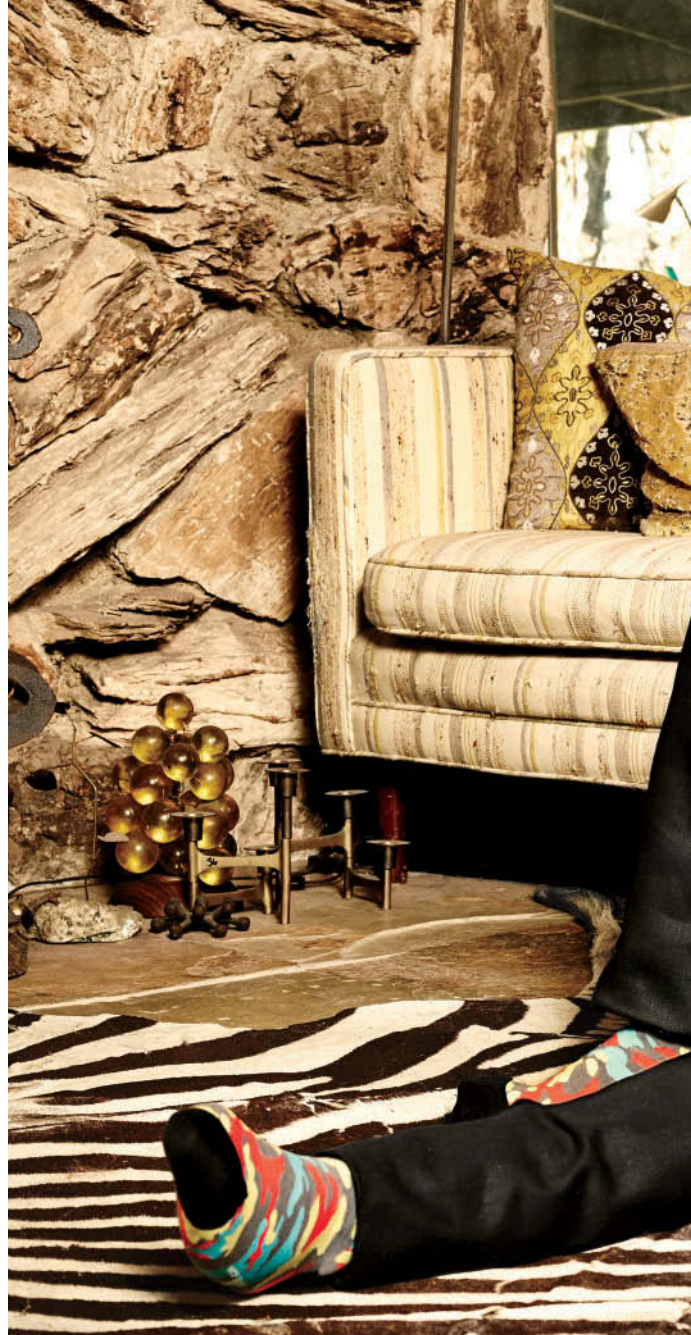
That's not just speculation. In a University of Oxford study from last year, researchers stated that "the creative elements needed to produce humour are strikingly similar to those characterising the cognitive style of people with psychosis."

But if Hart has a dark side, he's done a fantastic job at concealing it. His chemical fuel seems to be adrenaline. About the worst that Etan Cohen, the director and cowriter of *Get Hard*, has to say about Hart is that "he was planking between takes. You need to do a proper warmup before you even look at Kevin Hart." Hart laughs at the suggestion that he might have demons. "I don't have a negative bone in my body," he says. "There is nothing that I'm running from. I have no demons. Check my diary, man. Check my damn diary!"

But doesn't obsessively doing pushups and situps in jail indicate that something a little more complicated is happening in his head? "What was I going to do?" he

"I know that it's healthy to do nothing once in a while. But I like to keep busy. I guess that's my vice"

drugged-out leap through a window > *Think Like a Man Too* (2014), with an underwear dance scene that makes *Risky Business* look like amateur night > *And Soul Plane* (2004), just for the beef stroganoff scene.



asks back. "Just sit in that cell and think about how I messed up? I don't like wasting time. And I can't sit still. I think it's good to stay active and distract yourself from bad thoughts. But at the same time, it's also... it's weird."

He looks contemplative. It's an odd expression for somebody mid-trot on a treadmill.

"I know it's not the best thing," he says. "Sometimes you should just sit there. You know? Sometimes you should just sit down and take a breath. I know it's healthy to do nothing once in a while, and I don't just sit still as often as I should. But I like to keep busy. I guess that's my vice."

He smiles, perhaps appreciating the irony that he just had an epiphany about slowing down and doing nothing while in the midst of multitasking.

"Let's do something else," Hart says, jumping off the treadmill and instantly changing the subject. "Weights, we need weights!"

ACCEPT (AND DELUDE) YOURSELF

"Stand-up" is a misleading term for what Hart does. Onstage he is pure kinetic energy. He doesn't pace; he struts. His body is in constant motion. Some of his best bits are pantomimes, as he contorts his body to reproduce a scene. In a routine about his sexual failings, in which he admits to having a stamina of 20 to 23 seconds, Hart mounts a stool to prove that he's capable of achieving several elaborate positions during that brief time frame.

all credit, quite a bit



The Better Man Project: Kevin Hart

HIS SUCCESS
CAN BE TRACED
TO A FEW SIMPLE
PHILOSOPHIES.
THEY CAN MAKE
YOU A BETTER
MAN TOO



Life Motto

If you look good, you feel good. If you feel good, you do good. If you do good, you smile.

House Rules

My lady and I have one rule only. There is time in every single day to work out. If I can find the time to get to the gym with my crazy-ass schedule, anybody can.

Early Push

When I started in comedy, my mom gave me a year. When all your eggs are in one basket, you'll do what it takes to make that work.

Gym Motivation

At the end of the day, health equals wealth.

The Big Picture

Life isn't supposed to be perfect. It's moments of happiness and sadness.

What It's About

A legacy for my kids. I'm doing this for my family. Everything I do is for their future, so they'll be looked after.



What makes you a better man? Tell us. Tweet your tips to @MensHealthME and use the hashtag #TheBetterManProject.

"That joke came from a real place – 23 seconds is about right," he says. There are some days when I get glimpses of greatness. And some days when you have to deal with your 20 seconds and think, 'Well, it's enough to be in the game.' It's just 20 seconds, but those 20 seconds are like a ballet."

Hart is joking now, but a weirdly empowering worldview comes through in his comedy persona. It's about accepting who you are, but also being a little delusional. He frequently calls himself a sex symbol, and he's only half kidding. ("Something can be a joke and true at the same time," he says.)

This empowering delusion showed up early in his life. He played basketball in high school and was determined to play professionally. But there was one problem. His height stalled at 5'4", more than a foot shorter than the average NBA player.

"When reality hits and you see that you ain't growing no more, there's a part of you that realises it's time to give up," Hart says. "But I just ignored that part. In my mind I was still the tallest kid in the fourth grade. That's when I was on fire. I played forward. I think I might have technically been the same height from fourth grade to eighth grade. But I just refused to acknowledge it. People would say, 'What are you doing out here, shorty?' And I'd be like, 'F*** you, throw me the ball!'"

Hart isn't the biggest guy in any room. But he's definitely the loudest. And he's the only one whose feet, hands, and mouth never stop moving.

"Life goes on with or without you," he says. He pauses as he lifts an especially heavy weight, and groans like he just got kicked in the balls. "What the f*** did you put on here?"

"You want to stop?" Boss asks.

Hart keeps on lifting and talking. "That is the hardest reality that people can deal with," he says. "Life is going to keep on going. But you're not guaranteed a seat. I saw what happened to my dad. He went to jail and everything was taken away from him. You're not owed anything in life. You make a bad decision and you're out of the game. Life is a board game. And it will go on without you.

"So you have..." he says, grunting furiously as he lifts the barbell, "...to play..." the veins on his head are like tiny, throbbing exclamation points, "...the game!"

He shoves the barbell back on the rack. "Damn, that feels good," he says, his eyes wide. He's bobbing and weaving, like a young Muhammad Ali but with a smaller ego and better punch lines. He spots his fiancée across the gym. "Chickenbutt!" he shouts at her. "Look at all the weight he's putting on there, baby. Your little man is getting real strong ain't he!" ■



Cook Once

SUNDAY



MONDAY



TUESDAY



Eat for a Week

WEDNESDAY



THURSDAY



▼
Dedicate just a few weekend hours to making one massive meal, and you'll save time and cash – and avoid staring down a greasy #5 combo come Wednesday night. Learn the 4 benefits of big-batch cooking to feast your way through the week – all while packing in protein and racking up nutrients. Hungry?

1/ Plan Out 5 Days' Worth of Protein

DON'T SIMPLY REHEAT THE LEFTOVERS.

REINVENT THEM INSTEAD



BIG HUNKS OF MEAT—

brisket, turkey, beef, chicken – require long cooking times to become tender. But the payoff is worth the patience: “It takes time and temperature to convert collagen to silky, delicious gelatin,” says chef Keith Schroeder, the author of *Mad Delicious: The Science of Making Healthy Food Taste Amazing*. “And melted fat adds richness once it’s worked into the broken-down muscle fibres.” An incidental benefit: These larger cuts are some of the most affordable options you’ll find in your supermarket’s meat case. Cook the recipe (see page 62) and then dole out the luscious leftovers to create new dishes throughout the week. Chicken tacos with oranges and avocados, anyone?

LEFTOVER LAW #1

2 HOURS

Maximum time food should sit out after being cooked, says Susan Brewer, Ph.D., R.D., a professor of food science at the University of Illinois. Refrigerate it ASAP to halt bacteria growth.



▲ Pile yesterday's pulled chicken into killer tacos.

▶ Have a cold one: Soba Steak and Kimchi Salad.



2

PACK A LUNCH THAT WON'T SLOW YOU DOWN

EXECUTE THIS PLAN TO AVOID
A HIGH-NOON STANDOFF
NEAR THE OFFICE MICROWAVE



THE MICROWAVE HEATS LEFTOVERS

in a pinch, but why not skip the nuclear option altogether? Make a cold noodle dish, like the seared-steak and soba salad above, by fortifying hearty noodles with thinly sliced seared meat and a blast of fresh Asian flavour. After you make it once, freestyling is easy. Mix an Asian noodle (pad thai, lo mein, udon) with a cold protein (hard-boiled egg, tenderloin slices, rotisserie chicken), vegetables (baby bok choy, shredded red cabbage, snow peas), and a secret ingredient (miso paste, dark sesame oil, chili garlic sauce). Side note: For leftovers that do need a reheat, use your oven or a skillet, says Rocco DiSpirito, the author of *Cook Your Butt Off!* Their even heat is best for avoiding those dreaded cold spots.

LEFTOVER LAW #2

40°F

Maximum fridge temperature for preventing foodborne illness, Brewer says. Any higher than that and you invite *E. coli*, salmonella, and other pathogens to multiply like... well, bugs.



3

DO NOTHING— AND IMPROVE YOUR MEALS

THE SIMPLE SECRET TO INFUSING
YOUR FEASTS WITH EVEN MORE
DELICIOUSNESS? HIT THE PILLOW



YOUR GRANDMA WAS RIGHT: DISHES

like the stew shown above—chicken, smoked sausage, and farro—always taste better with time. Why is that, exactly? “Sulfur-containing compounds found in onions and garlic react with water, air, or acids and are chemically transformed into new and improved flavours,” says Guy Crosby, Ph.D., a spokesman for the Institute of Food Technologists and a co-author of *The Science of Good Cooking*. The same goes for gumbo, curry, and—as you’ve probably experienced—chili. Crosby says slowly braising the meat at a steady temperature in beer, wine, or broth helps turn the ingredients tender and moist. Just be sure to sear meats before adding liquid, he says. That way you deepen their rich, savoury flavours.

LEFTOVER LAW #3

10%

Degree of expansion that high-moisture foods like soups and stews can undergo during freezing, says Brewer. So leave some space between the top of the food and the container lid.

4/Junk the Fast-Food Breakfast

BECAUSE YOUR DAY SHOULDN'T START
AT A DRIVE-THRU INTERCOM



SUNNY-SIDE-UP

EGGS taste bad pretty much as soon as they cool. "It all comes down to water," Schroeder says. "If you're frying or scrambling eggs, you're forcing water out of them." That's a good thing if you eat and run. But removing the H₂O changes the texture and elasticity of the eggs. "Baking eggs is gentler, so they retain moisture and a custard like texture," he says. These salmon egg cups can be eaten cold or reheated, and they beat the hell out of an assembly-line breakfast sandwich. But there's a catch: Adding ingredients with high water content, such as tomatoes or roasted red peppers, can leave leftovers soggy. In the recipe on page 63, those ingredients go into the sauce instead.

LEFTOVER LAW #4

165°F

Temperature most leftovers should reach when being reheated, says Brewer. Bacteria can't live in that kind of heat. Stick a kitchen thermometer into the centre to double-check.



◀ Slow-simmer Chicken, Sausage, and Farro Stew.

▶ Take Salmon Egg Cups with Pepper Sauce to go.

The Recipes



Oven-“Smoked” Pulled Chicken

WHAT YOU’LL NEED

2 TSP KOSHER SALT	5 LB BONELESS CHICKEN BREASTS
2 TSP DRIED OREGANO	2 TBSP CANOLA OIL
2 TSP GROUND CORIANDER	1 YELLOW ONION, SLICED INTO 1" PIECES
2 TSP ONION POWDER	4 PEELED AND SMASHED GARLIC CLOVES
2 TSP GARLIC POWDER	1½ CUPS BEER, PREFERABLY MEXICAN
1½ TSP GROUND CHIPOTLE CHILE	1 TSP LIQUID SMOKE (OPTIONAL)
1 TSP PEPPER	
1 TSP CINNAMON	

HOW TO MAKE IT

- 1/ In a small bowl, mix the salt, oregano, and spices and rub the seasoning blend into the chicken. Chill the meat for about 30 minutes.
- 2/ Place the oven rack in the lower-middle part of the oven and preheat to 300°F. In a large oven-proof pan, heat the oil on medium high. Add the pork and brown it on all sides, about 10 minutes total, working in batches if necessary so as not to crowd the pan. Transfer the chicken to a paper-towel-lined plate to drain.
- 3/ Add the onion, garlic, beer, and liquid smoke, if you're using it. Bring the mixture to a simmer, scraping up the dark bits on the bottom of the pan. Return the chicken to the pan, cover, and place it in the oven. Cook, undisturbed, till fork-tender, about 2½ hours. Remove the chicken, let it cool slightly, strain the liquid, and shred using two forks. *Makes 8 servings*

PER SERVING

530 CALORIES, 45g PROTEIN, 5g CARBOHYDRATES (1g FIBRE)

Cluck Out All Week Long

- 1/ Top tacos with orange slices, avocado, sour cream, and lime zest.
- 2/ Pile warmed chicken, coleslaw, and hot sauce on a toasted roll.
- 3/ Top corn bread with a poached egg, and snipped chives.



Soba Steak and Kimchi Salad

WHAT YOU’LL NEED

¼ CUP + 1 TBSP CANOLA OIL	1 TBSP FISH SAUCE
¼ CUP + 2 TBSP LOW-SODIUM SOY SAUCE	2 TSP MINCED FRESH GINGER
JUICE OF 1 LIME	1½ CUPS KIMCHI, PLUS 2 TBSP OF ITS BRINE
1 TBSP CHINESE FIVE-SPICE POWDER	2 LARGE CARROTS, SLICED INTO MATCHSTICKS
1½ LB FLANK STEAK	2 RED BELL PEPPERS, THINLY SLICED
½ LB SOBA NOODLES	2 SCALLIONS, THINLY SLICED
2 TBSP RICE VINEGAR	CILANTRO AND BLACK SESAME SEEDS, FOR GARNISH
1½ TBSP SESAME OIL	

HOW TO MAKE IT

- 1/ Whisk together the ¼ cup oil, ¼ cup soy sauce, lime juice, and five-spice powder. Pour it all into a big zip-top bag and add the flank steak. Marinate the steak in the fridge at least 2 hours, turning the bag a couple of times.
- 2/ In a skillet, heat the remaining oil on medium high. Remove the steak from the marinade, pat it dry, and season it with salt and pepper. Sear the steak until medium rare, about 5 minutes per side. Let the steak rest 10 minutes and then cut it thinly across the grain.
- 3/ Bring a large pot of water to a boil. Cook the noodles until al dente, about 4 minutes. Then dunk them in ice water for 1 minute and rinse under cold water. Drain.
- 4/ In a small bowl, whisk the rice vinegar, sesame oil, fish sauce, ginger, and remaining soy sauce. In the pot, toss the noodles and dressing. Add the steak, kimchi, brine, carrots, peppers, and scallions; toss. Garnish with cilantro and black sesame seeds. *Makes 6 servings*

PER SERVING

490 CALORIES, 33g PROTEIN, 40g CARBOHYDRATES (5g FIBRE)

Do Your Crunches

Noodle salads benefit from the addition of a crispy ingredient, but hold off on the meat. Instead, go with toasted peanuts, sesame sticks, or fried shallots, all of which play nice with Asian flavours.



Chicken, Sausage, and Farro Stew

WHAT YOU’LL NEED

1 TBSP CANOLA OIL	2 TBSP TOMATO PASTE
1 LB BONELESS, SKINLESS CHICKEN THIGHS, CUBED	1 TBSP CREOLE SEASONING
1 YELLOW ONION, DICED	1½ TSP DRIED THYME
1 LARGE GREEN PEPPER, SEEDED AND DICED	5 CUPS LOW-SODIUM CHICKEN BROTH
2 CELERY RIBS, THINLY SLICED	1 CAN (28 OZ) CRUSHED TOMATOES
3 GARLIC CLOVES, MINCED	1 CUP FARRO
½ TSP SALT	2 BAY LEAVES
	1 LB SMOKED SAUSAGE, SLICED
	1 TBSP WORCESTERSHIRE SAUCE
	CHOPPED PARSLEY, FOR GARNISH

HOW TO MAKE IT

- 1/ In a large pot, heat the oil on medium high. Add the chicken and cook until browned, about 2 minutes. Remove it from the pan and set it on a paper-towel-lined plate to drain.
- 2/ Reduce the heat to medium. Add the onion, pepper, celery, garlic, and salt. Cook, stirring occasionally, until the celery softens, about 5 minutes. Add the tomato paste, Creole seasoning, and thyme. Mix well. Add the chicken broth, tomatoes, farro, and bay leaves. Bring everything to a boil; then reduce the heat to low and simmer the stew, covered, until the farro is just tender – that should be about 30 minutes.
- 3/ Add the chicken, sausage, and Worcestershire sauce to the pot. Simmer until the flavours meld, about 10 minutes. Remove the bay leaves and serve the stew garnished with chopped parsley. Refrigerate overnight to develop more flavour. *Makes 6 servings*

PER SERVING

430 CALORIES, 29g PROTEIN, 24g CARBOHYDRATES (5g FIBRE)

Flask to Glory

Lugging leftovers to lunch? The Hydro Flask Insulated Food Flask (Dhs105, hydroflask.com) is your friend. This BPA-free bottle has a stainless-steel liner that keeps food hot for up to three hours.



Salmon Egg Cups with Pepper Sauce

WHAT YOU'LL NEED

FOR THE EGG CUPS:

- 3 TBSP CANOLA OIL, DIVIDED
- 8 LARGE EGGS
- 1/4 CUP WHOLE MILK
- 6 OZ SMOKED SALMON, ROUGHLY CHOPPED
- 3 OZ SOFT GOAT CHEESE, CRUMBLD
- 3 TBSP CHOPPED FRESH DILL
- 1/2 LB CREMINI MUSHROOMS, THINLY SLICED
- 1 CUP THINLY SLICED SHALLOTS

FOR THE SAUCE:

- 1/2 CUP PLAIN YOGURT
- 1/2 CUP OIL-PACKED SUN-DRIED TOMATOES
- 1 ROASTED RED PEPPER
- 2 TBSP EXTRA-VIRGIN OLIVE OIL
- JUICE OF 1/2 LEMON
- 1/4 TSP SALT
- 1/4 TSP RED-PEPPER FLAKES

HOW TO MAKE THEM

- 1/ Preheat the oven to 375°F and grease 12 standard-size muffin cups with 1 Tbsp canola oil. In a bowl, whisk the eggs and milk. Stir in the salmon, goat cheese, dill, and freshly ground pepper to taste.
- 2/ In a skillet, heat 1 Tbsp oil on medium. Add the mushrooms and cook until softened, about 6 minutes. Remove them from the pan and heat the remaining 1 Tbsp oil. Add the shallots; sauté until golden, about 5 minutes. Pat the mushrooms dry with a paper towel.
- 3/ Stir the mushrooms and shallots into the eggs. Divide the mixture among the muffin cups. Bake until the eggs set, about 20 minutes. Cool 5 minutes before removing.
- 4/ To make the sauce, place the yoghurt, sun-dried tomatoes, roasted red pepper, olive oil, lemon juice, salt, and red-pepper flakes in a blender or food processor and blend until the mixture is smooth. Serve the egg cups with the tomato sauce.

Makes 6 servings

PER SERVING

410 CALORIES, 31g PROTEIN, 13g CARBOHYDRATES (2g FIBRE)

Warm Leftovers Wisely

These egg bites taste great cold, but if you want them warmed up, wrap them in foil and heat in a 300°F oven for 15 minutes. Busy morning? Nuke them (no foil) on low power for 30 to 60 seconds.



DON'T SIDELINE THE SIDES

DRESSED ICEBERG LETTUCE TURNS INTO COMPOST BY LUNCH.

LOAD UP ON GREENS WITH THIS HEARTY KALE SALAD

WHAT YOU'LL NEED

- 1/2 CUP EXTRA-VIRGIN OLIVE OIL
- 1/4 CUP CHOPPED HAZELNUTS
- 1 SHALLOT, CHOPPED
- 1 GARLIC CLOVE, CHOPPED
- 4 OIL-PACKED ANCHOVIES (OPTIONAL)
- 2 TBSP CIDER VINEGAR
- 2 TSP LEMON ZEST
- 1 TSP WHOLE GRAIN MUSTARD
- 1/4 TSP SALT (OMIT IF USING ANCHOVIES)
- 1/4 TSP FRESHLY GROUND PEPPER
- 1 HEAD CURLY-LEAF KALE, RIBS REMOVED, LEAVES SLICED INTO RIBBONS
- 2 RED BELL PEPPERS, THINLY SLICED
- 2 CARROTS, PEELD AND SHREDDED
- 1/2 CUP DRIED CHERRIES

HOW TO MAKE IT

- 1/ In a blender or food processor, blend together the olive oil, hazelnuts, shallot, garlic, anchovies (if you're using them), cider vinegar, lemon zest, mustard, salt (if necessary), and pepper until slightly chunky. Add a little extra oil if needed to help the mixture blend.
- 2/ In a large bowl, massage the dressing into the kale until the leaves are tender and the volume is reduced by about half, 5 minutes or so. Toss with the bell peppers, carrots, and dried cherries. *Makes 6 servings*

PER SERVING

240 CALORIES, 5g PROTEIN, 19g CARBOHYDRATES (4g FIBRE)





WARNING

E-CIGARETTES MAY HELP YOU QUIT SMOKING
AND SAVE YOUR LIFE. THEY MAY THEN BECOME
HABIT-FORMING AND KILL YOU ANYWAY


JIM
THORNTON


ROBERTO
PARADA


P. 113

THE FIRST THING MY MOTHER ALWAYS DID AFTER WAKING UP WAS GRAB A CIGARETTE. I'D REACH FOR A DIFFERENT DRUG: BENADRYL. I'D BEEN SWIGGING IT SINCE CHILDHOOD TO LESSEN THE COUGHING AND SNEEZING CAUSED BY HER CHAIN-SMOKING.

On the morning of my first trip home from the University, I woke with a familiar sore throat and sinus pain and quickly downed two gulps. Perhaps the pristine air had turned my 18-year-old lungs and mucous membranes soft, but the cherry-flavoured elixir was proving no match for Mum. By the time I reached the living room, I was coughing and sneezing so hard it felt like a seizure. Then my nose started bleeding.

I yelled something horrible at my mother, who I assumed was puffing away in the kitchen. But she'd gone grocery shopping. This was when I had a wicked eureka moment. Instead of wadding toilet paper up my nostrils – my standard remedy every time her smoking triggered a nasal hemorrhage – I stripped to my underwear and let the gusher go. Soon my chest was slick with blood, my elbows and wrists as crimson as a suicide victim's. If finding her son like this didn't shock her into quitting, I figured, nothing could.

But 10 minutes later, anger gave way to pity and sorrow. The truth is, I loved my mother and wanted to spare her a heart attack, not give her one. I mopped the floor and took a shower that looked like the scene from *Psycho*.

THREE DECADES LATER AND 6,700 MILES FROM OUR HOME, A PHARMACEUTICAL researcher in Beijing was struggling to quit his own pack-a-day habit after watching his father die of lung cancer. To reduce his cravings, Hon Lik, then in his 40s, used a common form of nicotine-replacement therapy: the nicotine patch. When he sometimes forgot to remove the patch at night, it invariably triggered nightmares. In one dream, now legendary among e-cigarette users worldwide, Hon claims to have seen himself drowning at sea. Then, without warning, the water transformed into harmless clouds of vapor. He woke and jotted down a description of his salvation.

A year later, Hon had invented the world's first commercially viable electronic cigarette. At first glance, his e-cig looked much like the cancer stick so many of us have grown to know and loathe. But on the inside were no shredded, ammonia-treated tobacco leaves ready to combust into some 7,000 chemical compounds, hundreds of toxins, and at least 69 known carcinogens. Instead, the first generation of e-cigs spawned by Hon's novel device contained just three parts: a small lithium battery, a prefilled cartridge containing "e-juice" (that is, nicotine with or without flavorings in a solution of propylene glycol, glycerin, and distilled water), and an "atomiser" to heat the liquid and convert it to a vapor (hence the term "vaping").

The devices, dubbed "cigalikes" because of their resemblance to traditional cigarettes, reached the United States in 2007. Their hit-and-miss distribution, inconsistent quality, and high cost led many early consumers to shun them as a gimmick. But as early adopters began swapping success stories about a new high-tech way to quit smoking, annual sales began to increase exponentially.

Soon, armchair tinkerers and independent e-cig companies entered the market with a new array of products. Unlike Hon's cigalikes, which were meant to be used up and discarded, innovative second- and third-generation devices had rechargeable batteries, replaceable and/or refillable tank-style cartridges, and more powerful atomisers – all to produce more heat, larger vapor clouds, or, for those seeking it, stronger nicotine hits.

By January 2014, some 466 e-cigarette brands and 7,764 flavours – from peach schnapps to kid-friendly "gummy bear" – were available online. Now addicted smokers can inhale Dr Pepper-flavoured puffs of the nicotine they're jonesing for, and in the same "hand-mouth-cloud" ritualistic manner they're used to, without worrying about tobacco smoke's toxins. It all sounds like Hon's dream come true. That is, unless you listen to the e-cig critics, who believe vapers need to wake up to the uncertainties of what they're sucking down.

It's buyer beware, according to Mitch Zeller, director of the FDA's Center for Tobacco Products. "We can't even tell you what compounds are in the vapor," he said at an April 2014 media briefing. "And in the absence of federal regulation, companies aren't required to give us any information."

But based on the compounds that have already turned up in some brands, e-cigs are far from harmless, warns Stanton Glantz, Ph.D., director of the Centre for Tobacco Control Research and Education at UC San Francisco. "Nobody knows what the long-term impact on health will be, and it's going to take years to find out," he says. "My guess is that when the dust settles, e-cigarettes will prove to be about a third as dangerous as cigarettes."

Aruni Bhatnagar, Ph.D., F.A.H.A., chairman of the American Heart Association panel that's charged with reviewing e-cigarettes, also points out that even though we don't know if e-cigs are safe, their cultural acceptance could help revive Big Tobacco.

"It's not clear that smokers are throwing away combustible cigarettes for e-cigarettes," he argues. Instead, the tobacco industry could be promoting e-cigs to circumvent indoor clean air laws, sustain the addition of current customers, and recruit new customers to combustible products. "It's a billion-dollar market," he says. "The industry isn't making these investments to prevent addiction."

Those in the "harm reduction" camp, on the other hand, argue that if eradicating a known danger is impractical, then reducing its impact is better than waiting for ideal solutions that may never materialise. Case in point: giving needles to IV drug addicts to control HIV transmission rates, despite claims that this policy enables drug use. In a viewpoint published last year in the *Journal of the American Medical Association*, David B. Abrams, Ph.D., a professor at Johns Hopkins Bloomberg School of Public Health, wrote that "independent manufacturers of e-cigarettes could compete with tobacco companies and make the cigarette obsolete, just as digital cameras made film obsolete."

Whether e-cigs turn out to be boon or bane, their impact will disproportionately affect men, especially younger men. In a 2013 survey of 18,406 American students, for instance, male high schoolers were nearly 60 percent more likely to have vaped in the month leading up to the survey than their female peers were. Another study of 4,444 college students, published in the journal *Drug and Alcohol Dependence*, suggests that this gender gap persists at least into the early 20s. The study also reports that these numbers are consistent with greater male participation in other unconventional tobacco practices, such as shisha smoking. E-cigs, they speculate, maybe especially intriguing to "novelty seekers" with a penchant for risk taking.

Or, as we laymen call them, "guys."

▼
**HOW MUCH
SMOKING
CAN COST YOU
AS A MAN**

330%
Rise in a smoker's risk of damage to his Y chromosomes, compared with non-smoking men

24%
Income disparity between smoking and non-smoking guys. (Guess which group earns more.)

Sources: Science, Federal Reserve Bank of Atlanta



W

WHILE IT'S TRUE THAT E-CIGARETTES ARE STILL

too new for us to accurately predict what their health effects will be on users five, 10, or 20 years from now, researchers have uncovered a few possible smoking guns.

In the American Heart Association's 2014 policy statement, published in the journal *Circulation*, experts looked at the latest research on compounds found in e-cigarette liquids and vapor. Relative to the rogue's gallery of toxins

found in processed tobacco, they acknowledged, tobacco-flavoured "e-juice" has comparatively few ingredients: nicotine, flavours, water, glycerin, and propylene glycol. Heating this mix, the authors noted, can unleash other chemicals into the resultant vapor, though for the most part at levels "deemed too low to cause human risk."

As reassuring as this may seem, a single toxin can kill as effectively as dozens. Both the AHA review and another study analysis conducted by tobacco-control researchers at UC San Francisco red-flagged several potential molecular villains that might turn lethal with long-term exposure.

Start with the vapor: This is created by heating propylene glycol, sometimes with glycerin, into an aerosolised mist. Both chemicals fall in the FDA's "generally recognised as safe" category and are commonly used to maintain moisture in various consumer products, from food and medicine to cosmetics. When ingested or applied to the skin in small amounts, both are considered non-toxic.

But chronic inhalation could prove a different story. Propylene glycol, for instance, is a key ingredient in the "fog" used in concerts and theatrical shows. Among workers who are regularly exposed to it, the chemical has been linked to eye and respiratory tract irritation. And a 2013 *PLoS One* study found that the vapor in some e-cigarette brands also contains metals, such as tin from the device's solder joints and nickel and silver from its wires. In addition, a chemical analysis published in *Tobacco Control* detected formaldehyde, toluene, and other toxins in the vapor. Finally, certain flavourings used in e-juice, including Ceylon cinnamon and butterscotch, have damaged human cells in lab tests, though the AHA paper concludes that e-cig emissions are still "much less toxic than cigarette smoke in cytotoxicity tests."

Glantz, lead author of the UCSF review, suspects that the biggest danger may come from the ultrafine particles generated by aerosolisation. These, he says, penetrate deep inside the lungs and cross over into the bloodstream. The impact on human tissues remains unknown. "But there is strong evidence," he says, "that frequent exposure to these in tobacco smoke and air pollution can contribute to inflammatory processes and increase risk for cardiovascular and respiratory disease and death."

Finally, there's the sole tobacco ingredient actually found in e-cigarettes: nicotine. On

HACK YOUR LUNGS

Once you kick the smoking habit, it takes a decade to halve your risk of lung cancer death. Want to help the healing? In a Johns Hopkins study, ex-smokers who ate diets rich in cruciferous vegetables (think broccoli and brussels sprouts) had about a 20 percent lower risk of lung cancer than those who ate the least. "The benefit increases with greater consumption," says author Anthony Alberg, Ph.D. So eat broccoli like you smoked cigarettes – every day.

—KATIE MACDONALD

the cardiovascular side, nicotine causes the adrenal glands to release stress hormones, such as adrenaline. These, in turn, boost heart rate and blood pressure, constrict arteries, increase insulin resistance, and worsen blood lipid levels. As for cancer, animal studies have found that nicotine can interfere with apoptosis, a.k.a. "programmed cell death," allowing malignant cells to proliferate unchecked, says Bhatnagar. In animal models, nicotine also promotes angiogenesis, or the growth of new blood vessels, another building block of tumors. As Bhatnagar notes, "These effects raise concerns that nicotine could promote the development and spread of cancer and accelerate atherosclerotic disease."

Concern, yes; panic, no. In studies of ex-smokers who've stayed on nicotine-replacement therapy over the long term, for instance, no adverse effects have surfaced. Moreover, a 2010 study in *Tobacco Control* found that an e-cig can deliver a quantity of nicotine similar to that of an FDA-approved inhaler.

"Some public health advocates have this medical mindset where the only thing that matters is that a product is 100 percent pure and safe," says Michael Siegel, M.D., M.P.H., a professor of community health sciences at Boston University. "So they're trying to keep e-cigarettes off the market, or discourage their use, because it *may* have some contaminant that 40 years down the road *may* be shown to create a slight risk of cancer. They're living in a fantasy land, not reality. In the real world, people are dying because of cigarettes. What they need is a way to get off cigarettes because that's what's going to kill them."

Glantz rejects the logic of combating a huge problem with a theoretically lesser problem. "While one might speculate that e-cigs are a safer alternative to combustible tobacco," he says, "they are almost certainly not safe. Before such products should be approved for general population use, you need affirmative evidence of lack of harm – or at least a clear understanding of the actual level of harm. At present we are conducting an uncontrolled experiment on thousands of Americans."

It's Time to Butt Out

Three ways to break a smoking addiction before it breaks you.



The Patch

Know when to stick it to yourself. In a 10-week Duke University study, people who began using a nicotine patch two weeks before they stopped smoking were twice as likely to quit as those who put down the cigs and picked up the patch at the same time. Benjamin Toll, Ph.D., a professor of psychiatry at Yale School of Medicine, says getting your fix from another source may make lighting up less pleasurable.



The Gum

Want to blow bubbles, not smoke? Note the time of your first cig of the day. According to a study in *Nicotine & Tobacco Research*, if it's within a half hour of waking, your best bet is a 4-milligram dose of nicotine gum. Quit rates of smokers who used this strategy were double that of smokers who didn't. Your a.m. start time is a better gauge of how hooked you are than your daily cigarette count, says Toll.



The Imitator

Let's be clear: Jonathan Foulds, Ph.D., a professor of public health sciences at Penn State, doesn't advocate using e-cigs to quit smoking. But if you're set on trying them, he suggests going with the second- and third-gen kind; they deliver more nicotine than "cigalikes," making the transition from regular smokes easier. Then wean off e-cigs by gradually switching to liquid with lower and lower nicotine. —K.M.

WITHIN THE NEXT DECADE, THREE TOBACCO COMPANIES WILL CONTROL 75 PERCENT OF THE E-CIGARETTE MARKET.

O

ON A CRISP SEPTEMBER AFTERNOON IN 1992, MY mother returned home from playing golf and took a last drag on her “light” cigarette. At the time I was living in a blissfully smoke-free home 900 miles away with my wife and our 4-year-old son. Two decades had passed since my aborted attempt at a blood-soaked intervention. But during our weekly long-distance chats, I never failed to make the case for her quitting, bolstering my arguments with the latest cigarette horror story in the news.

My mother was a brilliant woman who’d worked as an undergrad in Dr. Jonas Salk’s lab when he pioneered the polio vaccine. I’m certain she knew she was addicted and that smoking was ruining her health. She never conceded either point to me, but I noticed that whenever Big Tobacco brought out a new and “safer” cigarette to the market – from allegedly superior filters to low-tar “light” cigs touted as healthier – she always made the switch.

In any event, sometime around 4 p.m. that beautiful fall afternoon, her back stiffening after the earlier 18 holes, she entered the same shower where I’d washed off my blood so many years before. As she later told my dad, she felt a tickle in her throat and started coughing. This intensified until she felt something dislodge inside her chest, and blood began cascading from her airway. My father called 911 and an ambulance took her to the hospital.

Less than two years later, the heads of all seven major tobacco companies – famously dubbed the “Seven Dwarfs” – went before Congress and proclaimed their belief that nicotine is not addictive. Internal documents would soon prove, however, that Big Tobacco not only knew how addictive cigarettes were but was also engineering them to be as difficult as possible for people to quit.

FOR MORE THAN 20 YEARS, THE ONE SURE THING

in Alex Clark’s life was that there’d always be another next cigarette. “I just took this for granted,” says Clark, 39, who manages a fleet of custom rental vans in the US. “I knew I’d be smoking when I was sick, that I’d be smoking in the rain and freezing cold, and that I’d even be smoking on my deathbed if the hospital let me.”

All of this changed, he says, the day he noticed a friend smoking an e-cigarette. “He was this Russian guy who’d been smoking two packs a day for years, just like me,” recalls Clark. “He told me that since he started e-cigarettes, he’d quit regular smoking entirely. I figured if he can do it, I had to give it a try.” Clark bought two cigalikes at a convenience store. By the next day, he says, he’d “killed the batteries” on both.

The experience wasn’t the same as smoking, he recalls. The kick of nicotine, for instance, was delayed and much less potent. “But I could still feel a little peppery jolt at the back of my throat; plus, the hand-to-mouth action and the vapor I exhaled replicated a lot of the physical cues you get used to from smoking. For me, this was definitely a ‘proof of concept’ experience.” For the first time in his adult life, Clark says, he spied a real escape from something that had both enslaved him and was, he had no doubt, killing him.

That weekend, Clark ordered a customisable e-cig starter kit online. When it arrived, he took his last puff of a traditional cigarette and tossed the pack away. In the year since, he hasn’t smoked once, though he continues to vape regularly and concedes that he remains addicted to nicotine. But the nature of this addiction, he maintains, has moderated in intensity.

“When I smoked,” Clark explains, “I could go for maybe 30 minutes to an hour before feeling withdrawal and desperately wanting a cigarette. But with vaping, there are times now when I forget to use my e-cig. I never forgot to smoke.”

Anatomy of an E-cig How technology is trying to replace tobacco.

263,000

THE AMOUNT OF YOUNG PEOPLE WHO HAD NEVER PREVIOUSLY SMOKED BUT TRIED E-CIGARETTES IN 2013

SOURCE: JOURNAL OF NICOTINE & TOBACCO RESEARCH

LED Bulb

It glows with each drag, simulating a real cigarette.

Atomiser

Here the liquid nicotine is super-heated into vapor.

Battery

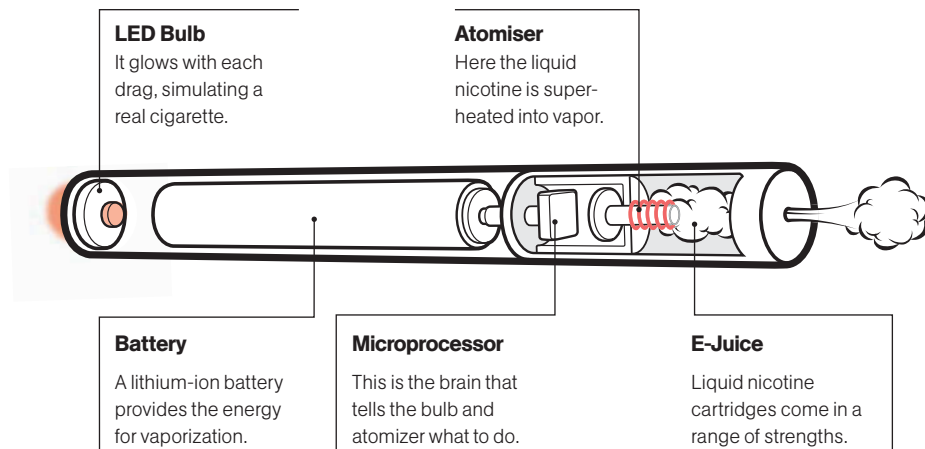
A lithium-ion battery provides the energy for vaporization.

Microprocessor

This is the brain that tells the bulb and atomizer what to do.

E-Juice

Liquid nicotine cartridges come in a range of strengths.





"NO ONE HAS TOLD ME THAT THEY NEVER SMOKED before, then tried e-cigarettes, got addicted to nicotine, and switched to real cigarettes," says Dr. Siegel. "It always goes in the opposite direction: They smoked for decades, tried everything to quit but couldn't, then tried e-cigarettes and haven't smoked a cigarette in years."

Opponents of e-cigs admit that such success stories do exist, but insist that they're far from typical. Plus, says Glantz, "What the population-level data shows is that smokers who use e-cigarettes are less likely to quit smoking than those who don't use them."

Glantz bases this on several longitudinal and cross-sectional studies that suggest that most smokers who try vaping end up using it in addition to and not instead of cigarettes. However, research has associated vaping with a significant reduction in cigarettes smoked per day – in one study, the average dropped from 20.1 to 16.3. Moreover, some of the other studies Glantz references did not assess how nicotine-dependent the study participants were, nor whether they were trying to quit. Nevertheless, he says, "the chance of getting five or six independent studies all pointing in the same direction is like flipping a coin six times and getting heads six times. It's very unlikely they're wrong."

That's not necessarily true, counters Dr. Siegel, who cites a recent University College London study in the journal *Addiction* in which 5,863 smokers who'd tried to quit at least once in the previous year were polled about which method they'd chosen. The results: Those who'd opted for e-cigarettes were roughly 60 percent more likely to have succeeded than those who'd tried to stop either cold turkey or with the help of nicotine gum or patches.

To date, the largest trial to directly compare e-cigs with nicotine patches found the former slightly more effective in helping smokers quit after six months of use, with 7.3 percent being certified tobacco-free versus 5.8 percent on the patches. "They can be modestly effective," acknowledges the AHA's Bhatnagar, "but not much more than approved therapies. They are also much more likely to promote dual use."

E-cigarettes raise worries about other populations too. What about former smokers, who somehow managed to kick the habit completely for years? Might they be coaxed back to nicotine by e-cigs, only to eventually relapse to cigarette use? Perhaps the most unsettling question of all: How many kids will start off vaping but then be tempted later into trying out the real thing?

This fear was dramatically inflamed after the CDC published survey data showing a surge in e-cigarette use among middle and high school students from 2011 to 2012. The survey also noted declines in regular cigarette smoking among these same groups. This doesn't necessarily mean e-cigs contributed to the reduction in tobacco use. But neither does it indicate that they're giving rise to a new generation of smokers.

If the CDC's predicted epidemic does happen, the instigator is likely to be Big Tobacco, which has until recently viewed e-cigarettes as a threat. Beginning with Lorillard's 2012 acquisition of Blu e-cigarettes, all of the other major tobacco companies, one by one, have adopted an "if you can't beat 'em, join 'em" philosophy. By 2014, Altria and British American Tobacco had both purchased independent e-cig brands, and Reynolds American and Swisher had developed their own in-house products. Britain's Imperial Tobacco, for its part, bought out Dragonite International (previously Ruyan) in a deal that appears to have included Hon Lik's original patents. Through a subsidiary, Imperial is now suing many of its rivals for patent infringement.

Research analysts at Wells Fargo Securities predict that the three largest US tobacco companies will commandeer 75 percent of the e-cig market within the next decade. An industry born in the hope of rendering Big Tobacco obsolete, in another words, may end up being swallowed up by it.

This doesn't guarantee, of course, that these companies will again try to victimise the hearts and lungs of the world. However, says Glantz, "history gives good reason for pessimism. In the '50s, the tobacco industry fooled us all with filtered cigarettes. These

THE TALE OF THE VAPE

11%

Number of current vapers who believe e-cigs are "absolutely harmless"

58%

Number of people who report at least one side effect from e-cigs, such as sore throat or dry mouth

79%

Number of former smokers who worry they'll slip back to tobacco if they ever stop vaping

Sources: *International Journal of Environmental Research and Public Health*, *Addiction*

weren't safer, though millions died having been led to believe they were. In the '70s, the industry scammed us by marketing light and mild cigarettes. Once again, not safer, but a great boost to keep people addicted and paying for it with their wallets *and* their lives. And now here we go again with new addictive devices pitched to be safer. With this industry's deadly track record, in what right mind should we trust our public health to nicotine aerosols inside unregulated vapors?"

One wild card in all of this is the FDA. From 2008 to 2010, the agency battled manufacturers of electronic cigarettes, first arguing in court that they are "unapproved drug/device combination" products. The FDA lost, appealed, and lost again. Rather than go to the Supreme Court, the agency classified e-cigs as "tobacco products" in order to gain authority over them through the Tobacco Control Act. The next step was to work on formulating regulations, something the agency promised to begin soon.

"Soon," however, stretched out into years as the initiative fell victim to political gridlock, the 2013 government shutdown, and numerous bureaucratic delays. At this point, it's unclear when or even if regulations will be implemented, given the likelihood of numerous lawsuits from the manufacturers.

AS SOON AS MY DAD CALLED TO TELL ME about my mum's hospitalisation, I booked the first flight available to get me back home, bringing a small picture with me.

By the time I reached the intensive care unit, my mum was hooked up to IVs and oxygen. The day before, surgeons had cracked open her rib cage and removed a cantaloupe-size mass from her chest. The tumor had entirely supplanted her left lung and invaded deep into her chest wall.

We talked for a while, and then I pulled out the picture I'd brought her: a black-and-white sonogram of my second son, Jack. His due date wouldn't come for another three months, but my mum's grey eyes lit up. We both knew this was as close as she'd come to meeting her second grandchild.

Patients in extremis sometimes suffer a transient phenomenon called ICU psychosis that can cause delirium. Suddenly Mum glanced away from Jack's picture and pointed toward the monitor deck, where she imagined my son Ben was perched. "Oh, catch him, please, he's going to fall!" she begged me. So I pretended to grab the little guy in my arms. "See, he's safe," I said, cradling him. At this, my mum slowly relaxed and drifted to sleep. She woke later, her mind again lucid, and begged me to protect both my boys from the horror that brought her here.

I promised. She died the next morning. Ben and Jack are now both in their 20s and neither, thank god, has taken up smoking. Statistics, Bhatnagar tells me, suggest that 98 percent of all smokers begin before age 26, so the odds are good my sons will never start. I still worry about them, though. Might e-cigarettes lure them into giving nicotine a try – a first innocent step on a ruinous path? And if not my sons, what about their own sons or daughters someday?

When I consider loved ones who aren't lost yet but still could be, it's difficult for me to view e-cigarettes as anything but menacing. But thinking of those, like my mum, who are already gone, I can't help but wish that Hon Lik's invention had come decades sooner. ■

HOW MANY KIDS WILL START OFF USING
E-CIGS BUT THEN BE TEMPTED LATER
INTO TRYING OUT THE REAL THING?

No Plain Sailing

Toby Stephens always had the acting pedigree. But it was being prepared – both physically and mentally – and in the right place at the right time that has taken his career to the next level

By Karl Rozemeyer

ing



oby Stephens orders a bottle of sparkling water and an Americano. "I drink way too much coffee. That's probably a bad habit I should break. I get very antsy. My wife says I've got to cut back," he says, laughing. The British born actor clearly needs an added jolt on this late Friday afternoon. ("Sorry, my mind is slowly going 'cos it's the end of the day," he later confesses). He's in Manhattan to promote the second season of *Black Sails* at New York Comic Con. The Starz television series – an inventively written prequel to Robert Louis Stevenson's novel *Treasure Island* – already has a rabid fan base.

Stephens' career has had its ups and downs. Born to British acting royalty (his mother is Dame Maggie Smith), he's always been engaged in film, theatre, television and voice work. But that key breakthrough moment remained elusive. At 33, cast opposite Madonna in *Die Another Day*, he became the youngest villain in a Bond movie and seemed poised for meteoric success. Four years later he received critical accolades for his role as the brooding, tormented Edward Rochester in the BBC mini series adaptation of the classic novel *Jane Eyre*. The buzz faded and a slew of supporting roles followed. Now, in his mid 40s, as the ruthless Captain Flint in *Black Sails*, Stephens is enjoying more fame and recognition than ever before.

Black Sails is a far cry from Disney's *Pirates of the Caribbean* and other CGI-driven swashbuckling adventures. "The common idea of pirates of that era was that these guys ran around burying and digging up treasure. Piracy was about interrupting trade. Once you got stuff from a trading ship, you had to then get rid of it and sell it on, so you needed to fence it. Then it was re-packaged as legitimate goods." Stephens points out that the show is set against the backdrop of global politics involving Spain, England, and America on the brink of The War of Independence as well as slavery in the New World. "To have a show that's got all this stuff in it is so much more interesting than what we've been given until now filled all about the clichés of pirates."

CARPE DIEM

Lean and rugged, Stephens is sporting the red beard that sets apart his character in the series, fictional 18th-century pirate Captain Flint. It was a role he almost passed up. "I'd gone up on a number of these American shows before. I'd been tested many times for shows over here and I'd never got anything," Stephens says. He initially had no interest in the part but was convinced by his agent to try out for the role. "I could easily have not gone



“THE GOAL WAS NEVER TO UNDERGO AN EYEPOPPING PHYSICAL TRANSFORMATION. I REALLY WOULDN’T WANT TO DO A MCCONAUGHEY OR A CHRISTIAN BALE WHERE YOU LOSE THAT MUCH WEIGHT BECAUSE THAT IS SUCH A MASSIVE THING THAT YOU’RE DOING TO YOUR METABOLISM”

for it. I was so lucky for the first time in my career.” The part was offered to him after submitting only two taped auditions. Stephens credits his recent success to being “in the right place at the right time.” But achieving stardom in midlife is not something he takes for granted. “I was just incredibly lucky that this came along. I’m very thankful for it.”

Stephens, who played rugby and has always stayed in shape through running and general maintenance, believed it was imperative to feel physically capable of being Flint. “Then you can just get on with doing the job, which is acting and being the person instead of going around pretending.” But the goal was never to undergo an eye-popping physical transformation. “I really wouldn’t want to do a Matthew McConaughey or a Christian Bale, where you lose that much weight because that is such a massive thing that you’re doing to your metabolism and your body. At the end of the day it’s just a job, it’s just a movie. So why would you do something that would affect your body for the rest of your life? Because it will reset something. If you take yourself to that extreme, it stays with you – unless you’re a teenager, then maybe you’re more elastic.” At the other extreme, pirates in 1715 didn’t have a body builder’s physique. “I wanted to look like I worked on a ship and like I’d had a hard life. Also, I wanted to be able to cope with the incredibly long hours on set and do physically challenging things such as fights and not be physically exhausted.”

IN THE GYM

Principal photography for *Black Sails* takes place in South Africa. When he signed on for the role, Stephens’ expectation was he should achieve a muscle-bound, washboard

aesthetic involving “a lot of regular gym stuff where you do a lot of weights and it’s all quite slow with not much cardio.” Before departing for Africa, Stephens spent a couple of weeks in London doing very much that kind of thing – with abs as the main concentration. That would all change with his first session with trainer James White of Roark Gyms in Cape Town.

At the start, all the lead actors underwent a physical review by White. Just prior to his first assessment, Stephens met Tom Hopper, his 29-year old 6’5” co-star as he emerged from his session with White. “Oh my God, that’s the worst thing I’ve ever done in my life!” was all Hopper had to say. Stephens’ assessment was more challenging than he could have imagined. “It was horrific,” he recalls. “At the core was rowing. Now I’d been on a rowing machine before, but I’d never used one properly, really. The basic premise of the training is you do incredibly intense cardio combined with very functional weight training. The only machines you use are the rowing machine, an Airdyne bike and a Ski-Erg which is like an inverted rowing machine but which you pull down to the ground. So you combine incredibly intensive cardio stuff.” A typical session could involve a 400-metre or 600-metre sprint followed by front squats and could combine weight training or deadlifts with very intense cardio. “They will also do extended AMRAPs (As Many Reps or Rounds As Possible) where you do a sort of collection of different exercises – such as burpees, rope slams and pull ups – in 20 minutes solid without stopping, going from one thing to the other to the other.”

THE PSYCHOLOGY OF PUSHING BEYOND YOUR COMFORT ZONE

Stephens found White’s approach to training “very economical” because “you’re doing so much intense work within a very short period of time,” and then “you’re burning calories for hours afterwards because you’ve been working that hard.” Sessions would normally last about half an hour to 40 or 45 minutes. “Another thing I loved about it is you never ever repeat yourself. It’s constantly challenging you and you’re pushing yourself into areas way beyond your comfort zone. So it’s quite psychological.”

So how did Stephens overcome that mental barrier to fight on and not take flight? “Well, I still struggle with it. It’s not normally the exercises that are tough. It’s the recovery,” he confesses. He uses the example of having to complete 400 metres on a rowing machine, but each time within a shorter period of time. The goal is to keep shaving off a second or more. A trainer would be

THE ROARK RULES

James White of Roark Gyms in Cape Town, South Africa whipped Toby Stephens and other *Black Sails* cast members into shape. Here are some of his tips for staying the course

1 / YOU HAVE TO SUFFER.

“It’s the only way anything works or worthwhile is achieved,” says White. “That’s where the best gains are made and where you learn the most about yourself – you can only learn about yourself in conditions of extremity.”

2 / LEARN TO BREATHE PROPERLY.

“I kept reminding them to breathe. When your body is in that state, all it craves is oxygen. It doesn’t make any sense to shout or scream, just try to stay calm and athletic, and remember to breathe as deeply as you possibly can.”

3 / DON’T MAKE IT ABOUT VANITY.

“Whoever you are, you should always make your goals about performance, and find a way to measure yourself,” says White.

4 / DEVELOP A BASE STRENGTH.

“Start doing compound moves if you aren’t already in a proper strength program (like back squats, deadlifts, front squats, snatches and cleans), so you can get a balanced foundation that you can work off,” says White. “So many guys don’t have a base strength and it means it’s so much easier to injure yourself.”

5 / YOU CAN’T REDLINE THE WHOLE TIME.

“A sign of good programming is one that has periodisation and variety, one that has change in pacing and tempo,” says White. “It also means it is more sustainable and less repetitive.”





monitoring and encouraging him not to let the pace subside. “Then when you’re finished, you have to recover the oxygen lost. Sometimes you actually think: ‘I’m going to pass out because I can’t actually get enough oxygen in my system to sustain myself.’ There are times when you go: ‘I think I might actually die,’” he laughs. “But I found a place where I can judge where my comfort zone is because when I really go out of my comfort zone then it’s a bit worrying. It’s pushing you every time beyond your body. And then to cope with more the next time.”

THE 8-HOUR WINDOW FOOD PLAN

When Stephens returned to England to join his wife, actress Anna-Louise Plowman, and their three children for Christmas, he was expected to continue his training. Every day, James White would email very specific training routines that were individually tailored to Stephens’ needs. Maintaining healthy eating habits was essential, especially over the holiday period. “We were on a very strict diet as well, which was essentially

a kind of Paleo diet with no easy-to-grab carbs at all,” Stephens recalls. “There weren’t even sweet potatoes – just all kinds of meat and green vegetables.” Also, the traditional times for breakfast, lunch and dinner fell away. “We had an 8-hour window to feed. You train on an empty stomach. You have to take in a huge amount of fish oils and you’re encouraged to have a lot of olive oil and avocado oil. So you’re changing the body from burning carbohydrates to burning fats. You don’t want it to burn muscle – you’re trying to get it to burn fats. The thing is you can only do it in spurts, for about a month at a time. That’s as long as you want to do that because once you’ve depleted your body, there’s very little glycogen in your system and it becomes very tiring. So then it doesn’t become very efficient when you are working out because you can’t do as much. When you start off, it works very well because you’re working very efficiently. But then it starts running dry, and so then you start adding fruits.” In between seasons of *Black Sails* and while travelling, Stephens maintains his

“THERE ARE TIMES WHEN YOU GO ‘I THINK I MIGHT ACTUALLY DIE’” HE LAUGHS. “BUT I FOUND A PLACE WHERE I CAN JUDGE WHERE MY COMFORT ZONE LIES”

training in order to avoid the consequences of “letting it go, and going back and having to go through it all again.” While on the road, he believes it best to improvise. “The great thing is there’s a lot of stuff you can do. Recently, I was in Italy for three weeks with no equipment. I had a TRX (suspension training system). I’ve got to maintain some sort of form, so what do I do? Then I improvise. I do a lot of running. I’ll do a combination of a 400-metre run with burpees. You plan a workout that is going to maintain everything and work you hard. If there are certain things that you can’t do, like pull-ups, you can live without that – as long as you’re keeping your core fitness level. That’s key.”

AGE IS ONLY A NUMBER

The other actors that also attended White’s boot camp, including Tom Hopper and Australian actor Luke Arnold, are over a decade younger than Stephens. White never patronised Stephens, now 45, because of his age. “I think he was quite pleased with the way I coped with it, even quite surprised, thinking: ‘S***, this man is quite capable of dealing with all of this.’” Stephens holds that because he had always kept up some form of exercise throughout his life it wasn’t impossible for him to get to the place of physical strength he needed to reach. “Obviously, I can’t recover like a 20-year old. My recovery time is longer. Also I had niggling injuries that came back, like my Achilles and tendonitis, which have been a constant irritant.” Also, he was vigilant when performing certain weight-based exercises, such as deadlifts. “I don’t want to push it too far because I don’t want to screw up my back.” Maintaining form is crucial. With rowing, for example, “you have to be really careful about your form which goes when you are really tired – and that’s when you do the damage.” Stephens also advises against pushing blindly on to attain a set target, ignoring signs of intense pain. “When I feel the pain, I’ve got to step back and work out what’s going wrong. You’ve just got to look after yourself.”

Stephens also found inspiration in working out with guys younger than himself who were equally committed to the same goal. “We were all really wanting to do this. We all bought into it. I think it was good for me to keep up with these guys. It really challenged me. It’s actually got me to a place where I realised I want to maintain this. I want to be fit. I want to be healthy so long as I’m doing this job.” ■



▶ SEA-WORTHY

Channel your inner pirate with our *Black Sails* workouts

When Stephens’ entered Roark, White wrote three things on the board and told him and the others in the boot camp a few certainties. The certainties: “You’ll suffer in 10 minutes; this is going to be about performance; and you’ll need to trust me. These are going to be three horrific standards for you to aim for, but you’ll pass them with hard work,” says White.

Challenge 1: 2km row in under 7:30 (because they are lighter and the rowing machine is weight biased).

Challenge 2. 100 Kettlebell cleans in a row without dropping them, 24kg kettlebell in each hand.

Challenge 3. The Roark run. Five rounds of 20 deadlifts, 15 box jumps, 10 strict pull-ups and a 400m run under a certain time.



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CORE

VITAL ANSWERS TO LIFE'S BIG QUESTIONS

Men'sHealth

EDITED BY ANDREW NAGY

HUMAN TESTING

HEALTH ON TRIAL IN THE MH LAB

WE TEST OUT THE LATEST FITNESS TRENDS SO
YOU NEVER WASTE ENERGY ON INEFFECTIVE FADS.
HERE ARE THE METHODS THAT YIELD RESULTS

HOW DOES A LAB RAT TURN INTO A WOLVERINE?

A DIET-PHOBIC MH WRITER TAKES A CLAW TO BODY FAT BY TEARING INTO HUGH JACKMAN'S EATING REGIME

When Hugh Jackman snarled his way onto the cover of numerous MH covers last year, I had an epiphany of sorts. The men who grace them are always in incredible shape, but Jackman, I realised, had what I didn't know I'd always wanted: size and strength that would be just as useful on the rugby pitch as it is impressive in the mirror; a shape that would suit my naturally 'blocky' body type. I wanted to be Hugh, as I'm sure you did.

His Wolverine physique was powered by an eating regime called 16:8 – a form of intermittent fasting (IF) where you eat nothing for 16 hours a day, then cram all your calories into the other eight. It clearly worked for Hugh, so I resolved to follow a 16:8 diet for 10 days to find out if it could for me – and if it will work for you, too.

Some quick research shows there is more to the diet than mutant pecs. IF has been found to reduce your risk of cancer

and heart disease (*American Society of Clinical Nutrition*) and extend your lifespan (*Medical Hypotheses*). "Fasting also turns on several very cool biochemical processes," says nutritional scientist Ben Coomber. "One is apoptosis or autophagy, which is the process of cell death. This means you clean out dead cells and dispose of them, clearing up toxins." This all sounds rather good.

It doesn't feel that bad, either. I skip breakfast (cups of coffee are fine) and then tear into half a rotisserie chicken at 11am, with baby spinach and a wholegrain roll. That weighs in at about 800kcal with more than 50g of protein (almost 90% of my RDA). I go to the gym at 1pm, when I would normally eat lunch. I eat again around 3pm: high-street sushi or a sandwich. Dinner is down by 7pm and then the 16-hour stopwatch begins again.



Contrary to my fears, you don't go hungry on 16:8. Odds are you sleep through five to eight hours of the fasting period anyway. Not eating breakfast at my desk means I just get on with my work in the morning, and I'm less ravenous than I thought I'd be by 11am. Counter to the 'six or seven small meals a day' theory, research by Purdue

University concluded that larger, infrequent meals actually increase satiety, particularly when high in protein. You feel fuller for longer, despite fasting for two thirds of every 24 hours. After six days I have lost nearly 2kg, even though I haven't actively changed what I eat or how hard and often I work out. I'm not stronger in the gym

LAB RAT PROFILE

NAME DAVID MORTON, 30

JOB SENIOR EDITOR, FASTING SCEPTIC

CHALLENGE TO FOLLOW HUGH JACKMAN'S WOLVERINE MEAL PLAN

CLAIM CUT BODY FAT WHILE YOU BULK UP - QUICKLY

MH
APPROVEDON YOUR
16:8
MENU11AM
1/2 Roast Chicken, 3
Slices Of Pastrami, 1/2
Bag Of Spinach,
Wholemeal Roll2.30PM
Chicken Breast, Boiled
Egg, Spinach,
Wholemeal Pasta
Caesar Dressing

5.30PM 6 Salmon Nori

7PM
Grilled White Fish,
Asparagus,
Broccoli, Sweet
Potato

TOTAL INTAKE

CARBS 107g
PROTEIN 186g
FAT 69g
KCAL 2840FEAST FOR A THIRD
OF THE DAY TO BE A
HUGE JACKED MAN

but the surge of my 11am feed makes me feel more athletic, without the yawful sluggishness of a whole morning of snacking.

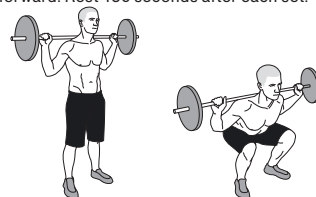
As with so many things in life – haircuts, holidays, pregnancies – 16:8's success comes down to careful scheduling. If you're an A-list action hero, your job depends on you staying in shape, and you can afford to work out at midday, every day. This makes the absolute most of the hormonal effect of your fasting period: "When you don't eat, your muscle cells become more sensitive to insulin," says Coomber. "So, when you do take on food, the muscle cell is as receptive as possible and you get a much greater

NOW BUILD A
BEAST'S BODY

This is the exact session Jackman uses to release testosterone for total-body muscle. Pair it with his eating plan for superhuman power

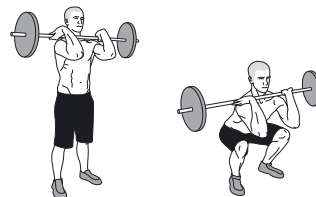
Back Squat / 4 sets of 5 reps

If your form's a little off, move your hands in closer than normal: it forces your chest forward. Rest 150 seconds after each set.



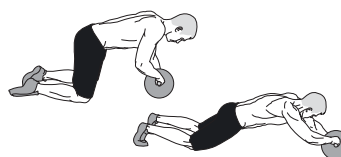
Front Squat / 4 sets of 10 reps

The bar should rest easily on your shoulders; don't let your elbows drop below the level of your collarbone. Make sure your thighs finish parallel to the floor at the bottom of each rep. Rest 60 seconds.



Ab Wheel Rollout / 4 sets of 10 reps

If you don't have an ab wheel, perform a Swiss-ball rollout instead, using your feet to roll the ball in toward your midriff from a press-up position. Rest 60 seconds.



anabolic response when you exercise."

I only have lunchbreaks to go to the gym, though, so sacrifice the possible cellular boosts to maintain a more normal day-to-day routine

Nevertheless, at the end of my 10-day experiment I'd knocked down my body fat by nearly 2%. Although not X-Men approved, the results are better than I had predicted. Especially as I didn't cut out a single food from my daily diet and always felt full.

If you want to lose a bit of excess weight without mucking around, 16:8 is a sound and simple eating plan. But if you want to train hard during the week, socialise at the weekend and eat meals with family and friends more than looking like Hugh, you should see it as short-term solution. IF will kick start your physique – but if you want to build true Wolverine size, you'll need to make intermittent fasting a regular thing.

YOU'LL HAVE
EVERY REASON
TO RUB IT IN

SIX-PACK CREAMS

CAN YOU SQUEEZE ABS FROM A TUBE?

TWO MH STAFFERS WITH IDENTICAL BODY FAT TEST SIX-PACK CREAMS HEAD TO HEAD TO SEE WHICH DELIVERS ON ITS PROMISE

LAB RAT PROFILE

NAME JONATHAN EDWARDS, 29
JOB ACCOUNT MANAGER, ABS CHASER

I have always been pretty lean and I've always struggled to get abs – not an ideal combination. Since I hit my late twenties, I've found them even harder to uncover than I did 10 years ago, primarily as my lifestyle became less conducive to keeping a six-pack. I couldn't wait to give the shortcut cream a try.

LA Muscle pushes the science pretty hard, but certainly doesn't suggest its cream will magic up abs out of nothing. The active ingredient ficus carica is said to reduce abdominal fat volume by 6.2% over three weeks, helping you to shed that final layer. I definitely felt an improvement, particularly on my upper abs. I'm really happy with the results. I'll use it again in the summer, when my pursuit of a beach body cranks up.

Six-Pack Toner
[Dhs170, lamuscule.com](http://Dhs170.lamuscule.com)

MH
WINNER

LAB RAT PROFILE

NAME JOSH MOORE, 24
JOB ACCOUNT EXEC, VAIN BEACH-GOER

I have never seen my abs. A combination of a scar above my naval and a penchant for

Domino's made me think they'd forever elude me, so ab-specific training plans fell off my radar a long time ago. I've tried shortcuts: I bought an ab wheel and a Slendertone belt, but the results were barely noticeable. I honestly didn't think the cream would work.

There's no explanation of the science on the bottle, just a guide: apply twice a day. After three weeks, I can see real results. There's more definition and my stomach's flatter. My skin feels tighter too, even if it doesn't look it. And all without deleting that Domino's number.

Ab Fix Dhs120 nipandfab.com

SHOP FOR
SIX-PACK
MUSCLE

Eat these, every day to give your abs what they need



Almonds, 9



Tuna, 1 tin



Cabbage, half



Steak, 1



Cod, 1 fillet



Eggs, 3



Chicken, half

ALTITUDE TENTS

CAN YOU BE AS QUICK AS A KENYAN?

ONE MAN FINDS THAT AN AFRICAN ATHLETE'S HIGH LIFE COULD BE YOUR KEY TO STRONGER LUNGS

If you want to make a Kenyan runner angry, just ask him: "What's your secret?" The villagers of Iten, which churns out middle-distance medallists for fun, have been quizzed by journalists for over 20 years. They attribute their success to hard work and dedication. But then they would say that.

The theories surrounding their 'secret' is why that guy at the gym wears barefoot trainers on the treadmill. Kenyan and Ethiopian athletes' core strength and balance are improved by running without shoes – but it's not their key advantage.

After all, anyone can take their shoes off and eat maize. Emulating a 2400ft-high African plateau in your flat, on the other hand, is less easy.

So, to begin my Olympic gold-winning streak, I went to bed. The Hypoxico Portable Bed-Tent simulates altitude by

removing oxygen from the air. By training and sleeping at altitude, Kenyan athletes naturally produce more red blood cells. Scientists are starting to realise it is this advantage setting Kenyans apart. It means that, when they compete closer to sea level, they have an extra payload of oxygen fizzing through their systems.

To quantify any impact, I wore a pulse oximeter – the little clasp they put on your finger in A&E. At 4500ft, my bpm rested at 70, 20 higher than usual. O₂ saturation levels of my blood dropped to 93% (98% is average). I slept well. Feeling cavalier after a few restful nights, I ramped the altitude up to 10,000ft and was rewarded with dizziness and uncontrollable laughter. I emerged, gasping, from

the tent after an hour.

After trial and error, I settled on 5500ft, swapping one or two runs from my usual 5K training plan for time in the tent. I found running for longer easier after two weeks, but in the third week I didn't notice any improvement.

On race day I took a few seconds off my PB, but it doesn't warrant the restless sleep. If I do ever fight with a Kenyan athlete, running away still isn't an option, but with a year of altitude training I could at least try.

LAB RAT PROFILE

NAME JOHN-PAUL NICHOLAS, 31
JOB PRODUCTION EDITOR, LIFE-HACK LOVER
CHALLENGE BUILD CARDIO FITNESS AND BEAT MY 5K PLATEAU
CLAIM LESS OXYGEN AT NIGHT IMPROVES AEROBIC THRESHOLD

MAGIC A NEW PB FROM THIN AIR

Use this 8 week UK Athletics oxygen tent training plan to shave 15% off your 5K time

	TRAINING PLAN	HRS IN TENT	ALTITUDE (FT)
MON	5K tempo run	3	4000
TUE	Rest	6	4000
WED	25min Fartlek	6	4000
THU	Rest	6	4000
FRI	5K tempo	8	4500
SAT	Rest	8	4500
SUN	7K	8	4500



SLEEP THROUGH YOUR IN-TENTS TRAINING



AQUA

WHICH GYM CLASS HAS THE FORMULA FOR WEIGHT LOSS?

WE TEST WATER, SPEED AND RESISTANCE TO FIND WHICH ELEMENT IS THE BEST CATALYST FOR FAT-BURNING

LAB RAT PROFILE

NAME	SCARLETT WRENCH, 24
JOB	CHIEF SUBEDITOR, SPINNING AFICIONADO
CHALLENGE	TEST WHETHER SUBMERSION MAKES SPINNING MORE EFFECTIVE
CLAIM	ADDING WATER GIVES YOU A MORE EFFICIENT WORKOUT

Spin classes and 'aqua aerobics' have a bit of a feminine rep, granted. As any serious cyclist will tell you, spin is to sportives what boxercise is to 12 rounds in the ring. But combine the two and potentially you have the makings of a full-body strength workout with serious cardio benefits and no next-day muscle soreness. Not so girly any

"Aqua spinning offers more than overdeveloped leg muscles and skin that smells of chlorine"

more, is it?

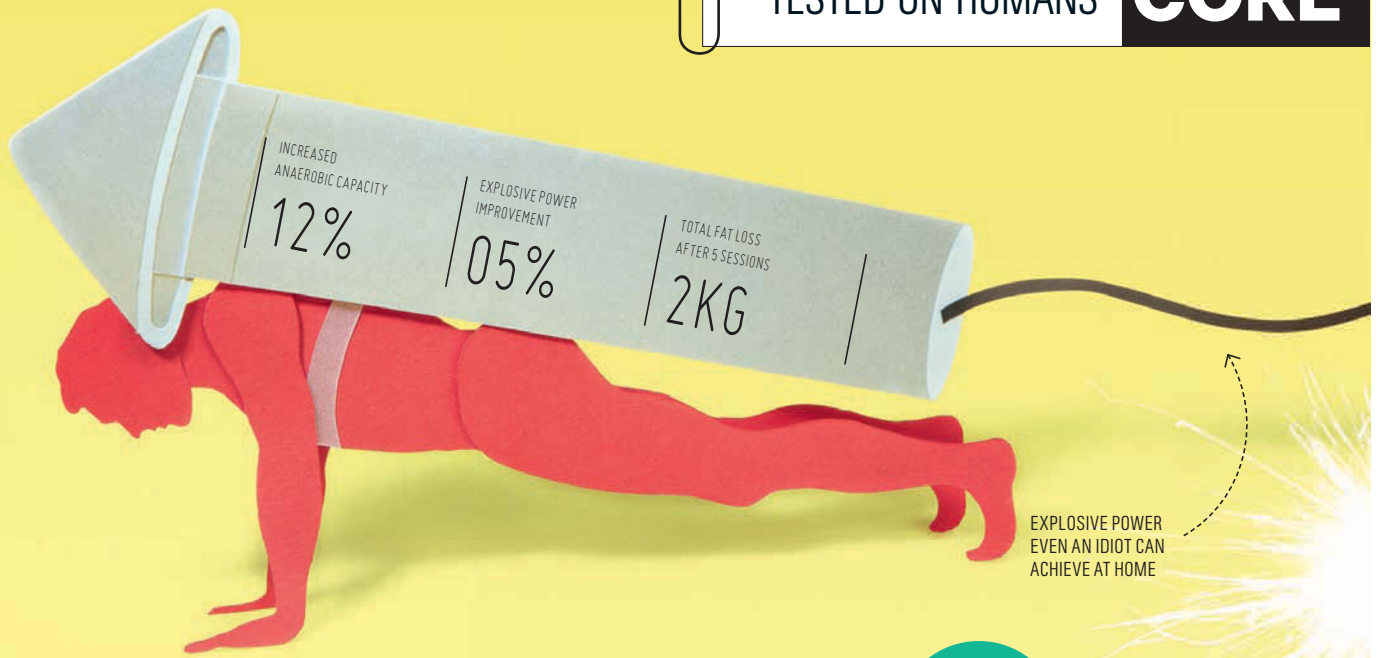
Invented by fitness instructor Dorine Denjean, the Parisian trend has just crossed the channel in the shape of 10 bikes submerged in a pool at London's Dolphin Fitness Club. It's how you'd imagine the bottom of the Thames would look, if the water was cleaner.

A lot of spin technique

translates easily to the pool. There's no dial to turn; all the resistance comes from your weight and the water. Classes combine cycling protocols with swim strokes and core exercises – so you leave with more than just overdeveloped leg muscles and chlorine-scented skin. Each 45-minute class is said to burn up to 800 calories (roughly a whole-pizza-to-yourself's worth).

For me, the after-effects feel strangely intangible. While a challenge, the class wasn't quite as intense as I expected and my heart rate was more than 10% lower than during a regular spin session. I didn't break much of a sweat (though, frankly, who could tell?) and, to be honest, I do like a bit of soreness. I appreciate my body telling me which parts I have worked hard and how long I should rest them. Classes don't come cheap, either. I'm sticking to dry land.





EXPLOSIVE POWER
EVEN AN IDIOT CAN
ACHIEVE AT HOME

LAB RAT PROFILE

NAME	ED VANSTONE, 29
JOB	DIGITAL EDITOR, EFFICIENCY OBSESSIVE
CHALLENGE	INCREASE VO2 MAX AND SHIFT BODY FAT
CLAIM	15 MINUTES PER WEEK IS SUFFICIENT FOR HUGE FITNESS GAINS

TABATA



Billed as the fastest way to get in shape, Tabata claims four minutes is all it takes to get the benefit of a whole hour's cardio graft. For a time-poor, shortcut-lover, four minutes of effort sounds perfect. I'd even have time to do something else with my lunch break.

But thinking like this is to misunderstand how Tabata works – as I grasp 12 seconds in. It doesn't matter how fit you are: Tabata

sparcs no man. The class isn't four minutes, for a start. It begins with a 10-minute warm-up using slow-mo versions of the moves that form the workout's sadistic heart (below).

Then the music kicks in – with raver-friendly whistle countdowns to each burst of activity – the class leader morphs from softly spoken instructor to shrieking NFL coach and the first 20-second chunk of frenetic activity begins.

The Tabata protocol is simple: go hell-for-leather for 20 seconds. Rest for 10. Then repeat this pattern until either four minutes have elapsed, you've thrown up or you've passed out.

By the final minute, I can barely breathe and my squat

"The gains are emphatic: I am a one-man engine room during my five-a-side football games"

jumps have degenerated to whimpering hops. After my session I spend five minutes searching for the shoes I'm already wearing. But when the nausea and mania have subsided, the post-exercise euphoria is pharmaceutical in its intensity.

The short-term hormonal boost from each class is what keeps me returning to the torture. But the long-term fitness gains are also emphatic. After five sessions I cut almost four minutes from my sluggish 48-minute 10K PB and during weekly five-a-side football games I am a one-man engine room.

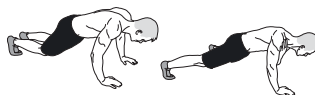
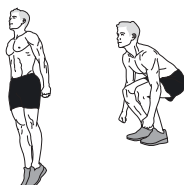
With sessions lasting just 20 minutes, it's a class that employees of even the most Draconian office can fit in on their lunchbreaks. What's more, it's impossible not to go all-out when surrounded by wheezing compatriots. Your excuses are shot.

BEDROOM AEROBICS

The best thing about Tabata is that you can do it wherever you want. Perform as many reps as you can, as fast as you can, in each 20sec burst. Pyjamas optional

180 degree squat jump

Get ready to sweat. Squat with thighs parallel to the floor, your palms on the ground. Explode into a jump and twist 180 degrees. On landing immediately go into your next squat.

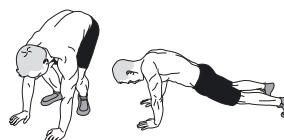


Side kick & shoulder touch

From the press-up position, knees and arms slightly bent, kick your right leg to the left as far as you can and touch your right shoulder with your left hand. Repeat on other side.

Transverse jump & crawl

Squat and jump, twisting to the right to land at 4 o'clock. Place your hands the flat, run them forward then back to stand up again. Now squat-jump back to the start. Repeat. Collapse.





SPEEDFLEX

LAB RAT PROFILE

NAME JAMIE MILLAR, 29
JOB ASSOCIATE EDITOR, FITNESS HIPSTER
CHALLENGE PUSH MY BODY HARDER AND MAINTAIN MOTIVATION
CLAIM A SINGLE SESSION INCINERATES 700KCAL WITH NO SORENESS

CALORIE-TORCHING WITH NO NEXT-DAY BURN

can pinpoint the precise moment when my initial scepticism about Speedflex evaporated: about half way through the first session, on the verge of puking, with what felt like an alien trying to burst through my chest. I politely excused myself and had a sit-down.

The press release had promised 45 minutes of circuit training, with no post-workout soreness. It's to do with US-developed 'isokinetic' (hydraulic) machines that only move when you push or pull them, unlike traditional weights. By removing stress on your muscles, you cut out DOMS. It sounded a bit too 'results with no effort' to be true.

But it's not effort-free. The machines apply resistance proportionally. So even if you're a rugby player for the Newcastle Falcons (who first started using it), you're going to find it as challenging as a retired footballer like, say, Alan Shearer (he's invested his own cash in the project).

It's not like any high-street gym you've trained in before. The isokinetic machines introduce you to a range of new moves. So when you do a bent-over row, for example, you can bring the handles into your chest but also press them away, combining a push and a pull. And on the wall is a big screen displaying the heart rate of everyone in the studio – the single biggest factor pushing you harder than the next man or woman in the room (two thirds were girls). There aren't many workout

classes that will tell you so transparently whether you're getting your money's worth.

Empirically speaking, the class works (see below). I'm napalming calories, and after eight sessions in three weeks, my blood pressure and heart rate are down (the latter by a 15bpm) and my VO2 max is up. My body fat

"I'm napalming calories and after eight sessions my blood pressure and heart rate have dropped"

is too, slightly, but I was lean to begin with. It's never going to build substantial muscle either, but that's not an issue if you just want to get fit or lose weight.

What resonated most for me is that it's a halfway house between a gym membership and a PT. Just at far less cost.

THE STATS

	BEFORE	AFTER
WEIGHT	78KG	77.7KG
MUSCLE MASS	40.2KG	39.8KG
BODY FAT	10.6%	10.9%
BLOOD PRESSURE	117/71 mm/hg	109/63 mm/hg
RESTING HEART RATE	60bpm	45bpm
VO2 MAX	42.125ml /kg/min	42.5ml /kg/min

BODY CONTOURING

IS A PAINLESS SIX-PACK POSSIBLE?



NO SWEAT, NO SURGERY AND NOT ONE CALORIE CUT. MH TRIALS THE LAZIEST AB-FINDER ON THE MARKET

LAB RAT PROFILE

NAME	KERRY MCCARTHY, 35
JOB	RUNNER'S WORLD SENIOR WRITER, SKINNY-FAT GUY
CHALLENGE	LOSE 4IN FROM MY WAIST IN FOUR WEEKS WITH ZERO EXERCISE
CLAIM	ULTRASOUND ENERGY TRIGGERS HUGE FAT LOSS IN SIX SESSIONS

Does it stack up? Instant fat reduction is a big claim

"Lose weight with zero effort" sounds like a 2am infomercial. When I agreed to go under the wand at Med Contour, I honestly thought there was no chance in hell it would work. But it delivered. I went from 38in to 34in around my navel, which is nearly three jean sizes.

'Fat-melting' procedures are notoriously painful...

I was seriously nervous. I've heard horror stories about previous incarnations of this kind of treatment: that it's very painful, and that some people are so podgy, the 'zaps' can't penetrate their flab deep enough. Both were unfounded. It didn't hurt and (even for my somewhat out-of-shape self) it proved very effective. In the first 1.5-hour session,

my torso measurement dropped by an inch. That's a lot faster than weeks spent on the treadmill.

What do they actually do?

It's billed as "non-invasive surgery" and is compared to liposuction. Basically, the procedure works using an ultrasound wand to carry out a localised treatment called "cavitation".

So it's liposuction without a scalpel or anaesthetic?

Low frequency waves are beamed into the skin, where they warm the fat cells, causing them to break down. After the ultrasound, the practitioners (they don't even need a degree) massage the fat out of the problem area. It then drains into the lymphatic system, where it's fed through to the liver and flushed out in sweat and urine. Seems

CARVING OUT THE BODY YOU WANT IS EASY, ON PAPER



WEEK 01

WEIGHT
81kgWAIST SIZE
38in

WEEK 04

WEIGHT
79.2kgWAIST SIZE
34in

pretty simple, right?

How much did you lose?

My body fat dropped by 5% in four weeks, which is like losing the weight of a small dog from my gut.

What's the catch?

The price: six sessions can be Dhs5,000. It's aimed at business folk who don't have time for the gym. I hate to admit that cheating does work, but these hips don't lie.

DO ELECTRODES OR PINS KILL MORE STRESS?

MH POPS PRESSURE WITH A NEEDLE AND TAKES A BRAIN MASSAGE TO PUMP-UP WORK PERFORMANCE

LAB RAT PROFILE

NAME JAMIE MILLAR, 29
JOB ASSOCIATE EDITOR, MANXIETY VICTIM
CHALLENGE DE-CLUTTER MY PERPETUAL TO-DO LIST
CLAIM BRAIN-TRAINING EXERCISES INCREASE RELAXATION

One minute I'm crossing the threshold of a well-appointed London townhouse; the next I've got electrodes strapped to my head and "conductive gel" in my hair while I watch butterflies flutter over flowers on a monitor. It's like a nice, Jo Malone-scented version of the brain-programming scene the movie in *A Clockwork Orange*.

This is neurofeedback: an increasingly popular – if inconclusive – treatment for everything from depression to ADHD. The theory is that the mind can be trained like a muscle. Electrodes record my brainwaves in real time. If they align, a Formula 1 car on the screen in front of me goes around a racetrack. If not, the car on the screen stalls.

My practitioner Christina

of Brainworks tells me her clients include high-powered City types who struggle to switch off. They often couch it in a desire to improve their performance, another purported benefit. Frankly, I'd welcome either.

A scan reveals that I have chronically overactive beta waves, which are responsible for things such as problem-solving (eg how in hell I'm going to hit my deadlines) and decision-making (what excuse to give my editor when I don't). My training is oddly similar to exercising a muscle. While sitting in a comfy chair watching a racing car might not sound hard, each session leaves me thirsty, exhausted and ravenous for sugar, my brain having ransacked my glucose stores in the process.

I don't really feel anything until halfway through my

treatment, when Christina gives me a couple of pointers. She helps me to recognise when my mind has run away with thoughts about editors/ deadlines and to focus on what's in front of me, whether it's work, the washing-up or virtual butterflies. The change is profound and I leave my sessions with a feeling of contentment.

My final brain scan shows a dramatic improvement in my beta waves. I'm not sure whether that's specifically down to the neurofeedback, the mindfulness or the simple fact that I'm taking a full lunch hour out of the office. Then there's the fact that tracking any kind of behaviour or outcome makes you more likely to improve. I don't know whether I'm more productive per se, but I'm

certainly more conscious of when I'm getting distracted, and quicker to get back on track. My experience tallies with the prevailing scientific wisdom: neurofeedback does work to some degree, but it's not yet clear to us how or why.

NEUROTHERAPY

ACUPUNCTURE

MH
WINNER

The problem with stress is not the lack of sleep. It's not the 13-hour days or the fact that you see the till girl in Pret more than your partner. The real killer is the white noise between your ears, that balloon inflating in your ribcage. They suspend logic, cripple productivity and trigger a spiralling s***storm that only makes the office hours longer and sleep more and more elusive.

A potential solution hit me right between the eyes on a Sunday in south London, when Mark Kiely inserted a needle just above my nose. I'm fine with needles – even when they're aimed at my face – and the scratch reminded me of giving blood. Then 11 more followed: one just beyond my hairline, one in each arm, one in each knee, the rest in my feet. It's hard to feel blissfully free of worry with 12 needles sticking out of you, but there is theory in the piercing. Practitioners claim that acupuncture is effective for a mind-boggling range of health issues: back

LAB RAT PROFILE

NAME	IAN TAYLOR, 31
JOB	FEATURES EDITOR, FRAZZLED OFFICE WORKER
CHALLENGE	USE NEEDLES TO CURE THE SUNDAY BLUES
CLAIM	PIERCING BODY PARTS WILL BURST ANXIETY

pain, tension headaches, infertility, tennis elbow, Parkinson's and, of course, stress. The traditional view is that illness occurs when the flow of 'qi', your body's 'vital energy', is disrupted. Acupuncture restores this.

"It's hard to feel blissfully free of worry with 12 needles sticking out of you"

To me, it sounds like mystical BS with no real grounding in western medicine. However, tantalising new research suggests that acupuncture is more than simply a placebo dressed up as a miracle cure. The NHS clearly agrees: it currently spends Dhs141m a year on the treatment.

Kiely explained to me why he targeted the points he did.

"I use points on the feet [for stress]," he said. "I am trying to clear excess energy from the head, which is forming dysfunctional thought patterns. I want to pull this negative energy down so that it can work for you, for example in your circulatory, digestive or immune systems."

He removes the needles after 20 minutes and sends me on my way. Later that evening I feel lighter, looser and free of the usual Sunday night blues. I'm aware of the mound of work waiting for me but for the first time in a while, I feel oddly detached from it. Maybe acupuncture is a placebo. Or perhaps I just happened to catch a particularly engrossing episode of *Homeland*. But whatever's responsible, an injection of calm and the first deep sleep I've had in weeks is a welcome relief.

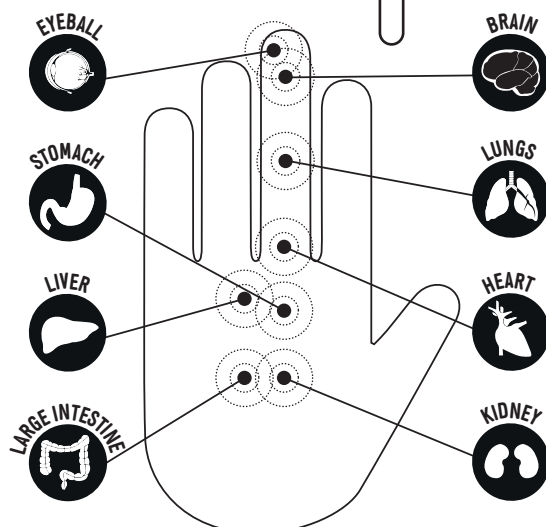
A HANDY GUIDE TO ACUPRESSURE



Not convinced? Test the principles of acupuncture point by point with our needle-free DIY pain relief chart

- Use a pencil or blunt object to apply pressure
- Press firmly; it needs to hurt a little bit
- Maintain the pressure for at least 30sec
- Take a deep breath and retract your scepticism

CAN THERAPY TRIUMPH WHERE MEDICINE FEARS TO TREAD?



ALL THE FIXINGS

The blueprint for a man's relationship with home improvement

THE
AVERAGE
GUY



19% Number of men who can never find the right tool when it's needed

1 in 5 Number of men with "nail gun" at the top of their tool wish list



6 Percentage of amateurs who can't even ID an Allen wrench. (C'mon, man.)

3 in 4 Percentage of women who think every guy should own a power drill

62 Percentage of guys who credit their old man for their DIY know-how

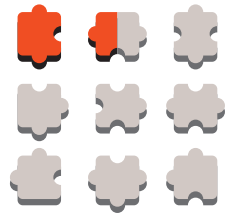
45 Percentage who skip the step-by-step instructions and just wing it



Percentage who'd be lost without YouTube

Percentage of guys who say they know how to...

Change a light fixture **90**
Unjam a disposal unit **77**
Reinsulate an attic **75**
Install crown molding **61**
Hang kitchen cabinets **58**
Lay carpeting **40**

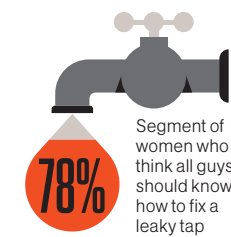


15 Percentage of men who secretly fear the phrase "assembly required"



1 in 4

Number of men who say their wife has nagged them into trying a home repair

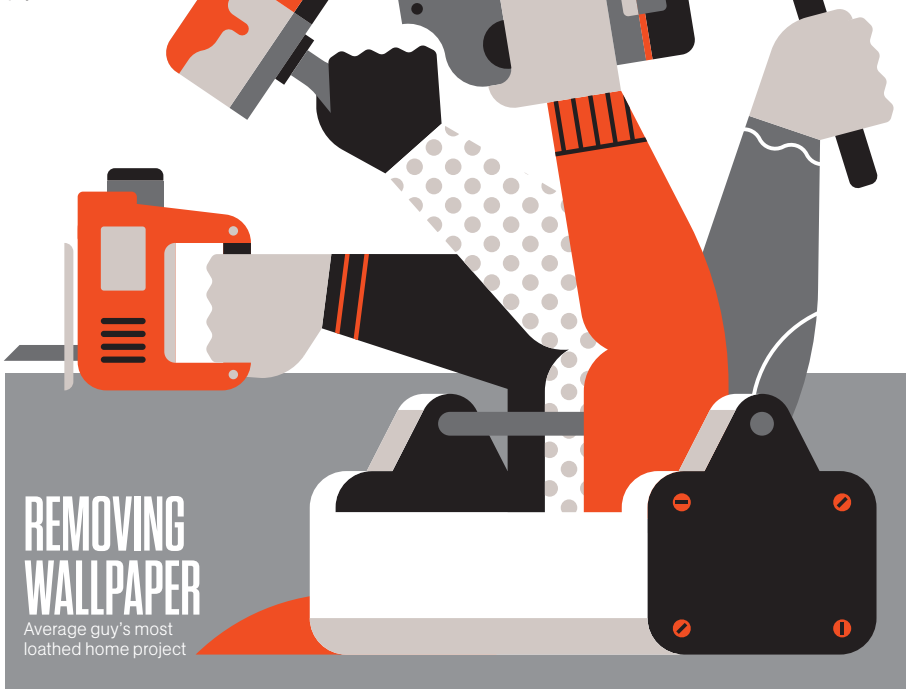


Segment of women who think all guys should know how to fix a leaky tap

Proportion who are turned off by guys who aren't as handy as they are: **62%**



TABLE SAW
Power tool the average guy lusts after



REMOVING WALLPAPER

Average guy's most loathed home project

AVOID THE CONS OF A PRO

Make sure your handyman doesn't take you for a tool. Before you trust a professional to tackle any job, ask for a "time of essence" clause. This includes penalties for each day the project finishes late and a bonus for finishing early. "If you ask for it, he'll think you're on the ball and give your job priority over others," says contractor John DeSilvia, host of *Rescue My Renovation*. And never pay cash or agree to pay more than 10 percent up front. "If your contractor needs extra money to buy materials, it's a sign he lacks good credit with local suppliers," DeSilvia says.

RENOVATE YOUR LOVE LIFE

Tightening a few screws might just loosen her inhibitions. "DIY skills prove you can care for her," says Vinita Mehta, Ph.D., a Washington, D.C., therapist who studies relationships. It also shows you're confident, says Amy Matthews, a contractor and the host of HGTV's *Renovation Raiders*. "When a man says, 'I got this,' it's music to our ears." Don't wait for something to break. Tell her you'd like to install a Wi-Fi-enabled programmable thermostat. It could chop energy bills by up to 20 percent, Matthews says, and it's easy to install – not that she needs to know, right?

36%

Number whose projects are really just an excuse to drink with their pals



98

Percentage of men who say they always return tools to their buddies

63

Percentage who are still waiting for one of their own missing tools to materialize



Number of guys who confess to coveting another man's toolbox: **1 in 4**



28%

Number of men who've had a home-improvement project stalled for over a year

11%

Number who have been seriously maimed during a home-repair project



Percentage of men who are determined to repaint the inside of their home

2 in 5

Number of women who would not trust their man to build a deck

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Men's Health

MIDDLE EAST

23

Style
Essentials,
One Well-
Dressed Man
(You!)

Spring
2015

This guy
dresses so
well somebody
should give
him an award



EDDIE REDMAYNE WEARS
A PRADA SUIT, TED BAKER
SHIRT, AND HUGH & CRYE
POCKET SQUARE

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STILL-LIFE
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YASU + JUNKO
DEVON JARVIS



06

Wear It Like
Redmayne

- He's comfortable onscreen in any role. He eases into his wardrobe as well.

12

Your Closet,
Simplified

- Let's make this easy: You need exactly 11 items to conquer all your style challenges.

20

Some worthy
details

- Whether it's notes on a trend or advice for your tailor, success lies in your knowledge.

WEAR **YOUR**CONFIDENCE

Cinema's man of the moment, Eddie Redmayne, explains how you can look as good as you feel

•
BY SANDRA
NYGAARD

•
PHOTOGRAPHS
BY NINO MUÑOZ





E

Eddie Redmayne approaches a rack of suits with a knowing eye, aware that some cuts are just better than others. “Let’s have a look,” he says as he starts to sort through all the options and envision the fits in his mind.

The British actor arrives at his photo shoot in slouchy jeans, an over-size cashmere sweater, and Converse high-tops – his preferred uniform for days off. “I’ll take comfort over style any day,” he says. And he means it. But Redmayne, 33, is also blessed with an uncanny ability to make even the most sharply tailored suits look as comfortable as his day-off uniform. He slips into formal wear with ease; over the next few hours he’ll knot perfectly dimpled ties faster than most men tie their shoelaces, and he’ll adeptly adjust his own pocket square to keep himself on point.

In spite of his role as a twisted villain in the space epic *Jupiter Ascending*, Redmayne is nothing short of charming – easy smile, warm affability – as he examines fabrics and suggests tailoring tricks to improve fit. The man doesn’t have a stylist. He just knows what looks good on him.



OPENING SPREAD:
PRADA SUIT
Z ZEGNA SWEATER
ALEXANDER MCQUEEN SHIRT
OX AND BULL TRADING CO. POCKET SQUARE
THIS PAGE:
Z ZEGNA JACKET
RAG & BONE SWEATER
7 FOR ALL MANKIND JEANS
BANANA REPUBLIC SHOES
TAG HEUER WATCH
PERSOL GLASSES
OPPOSITE:
TODD SNYDER LEATHER JACKET
THOMAS PINK SHIRT
PRADA PANTS
BANANA REPUBLIC SHOES
HOOK•ALBERT TIE





**Build Your
Strong Suit**
Nail the
look with
Eddie's
3 rules

● **Start with Neutral**

"I'm colour-blind, so I usually stick to blues and grays. They make for a pretty safe combination – you can wear them together and they'll never clash."

● **Add Panache**

"My look is generally simple and classic, but I like to add substance with texture and colour. An interesting tie or pocket square can really shake things up."

● **Check Your Neck**

"If the shirt collar's too big, your neck looks thin. I used that when I played Hawking – as he became weaker, his collars grew, to dramatise his frailty."

OPPOSITE:

TED BAKER LONDON

SWEATER

JACK SPADE

SHIRT

CALVIN KLEIN

COLLECTION PANTS

NICE LAUNDRY SOCKS,

JIMMY CHOO

SHOES

TUDOR WATCH

THIS PAGE:

GUCCI SUIT

7 FOR ALL MANKIND

SWEATER

BANANA REPUBLIC

SHOES

MARWOOD POCKET

SQUARE



To be fair, he's had practice. As a teen at Eton College, Redmayne was required to wear starched collars and tailcoats. "I've always worn suits, so I've always felt at ease in them," he explains with a broad smile. The other men in his family donned traditional tailored clothing as well, and that had an impact on him. "My dad is a dapper man. He wears suits for work, so maybe wearing them makes me feel subconsciously like I have a proper job."

When Redmayne hits the red carpet this year (which he'll be doing often for his pitch-perfect portrayal of Stephen Hawking in *The Theory of Everything*), razor-sharp attire will embolden him. "A well-cut suit feels like armor," he says. "If it's tailored to fit, you feel strong." It also improves your posture and adds heft to a slim frame. "I don't slouch as much," he says. "My shoulders look stronger." That helps him face the scrum of photographers vying for the best shot whenever he steps out, and it can help you too, with whatever puts you in the spotlight.

Redmayne's other trick: He's always prepared for a wardrobe change. For an event with an ambiguous dress code, he wears a soft cardigan beneath his suit. If he turns out to be overdressed, the jacket comes off. Just like that, he's casual. His ideal mode of existence. "Comfort is confidence," he says, finally being allowed to sit down after seven hours of mugging for the camera in slim suits.

And with that, Redmayne exposes a provision in his idea of comfort: It's not about old sneakers and threadbare jeans. It's about fitting into your environment, keeping yourself on point, and controlling your life by always casting yourself as the star. If that means looking good, then so be it.

Catch Eddie Redmayne at cinemas now in *Jupiter Ascending* and *The Theory of Everything*



MAKE ASPLA SH!

Collect the right wardrobe elements, combine them with flair, and your personal sense of style will take flight.
You never know where you might land
PHOTOGRAPHS BY TURE LILLEGRAVEN



◀
POOL YOUR RESOURCES
Invest in quality.
Primo pieces survive
many launderings

01

Bold Polo Shirt

● **BUY** Flex your right to bare arms: The sleeve should end about half-way down your biceps.

WEAR Outside on sunny days, or inside underneath a sweater or tailored jacket.

02

Lightweight Cotton Suit

● **BUY** Skip the pant cuffs. They're less fashionable than a neck beard.

WEAR Loosen up! If you learn how to look relaxed in a suit, people will assume that you were born to wear one.

LEFT TO RIGHT:

JACK SPADE SUIT

MR NIEVES SHIRT

SPERRY TOP-SIDER
SHOES

TOMMY HILFIGER
BLAZER

LACOSTE SHIRT

MICHAEL BASTIAN
PANTS

AXEL ARIGATO
SHOES

TOMMY HILFIGER
JACKET

ARMANI EXCHANGE
SHIRT

DIESEL JEANS

CONVERSE JACK
PURCELL SNEAKERS



STYLE SECRET: ELEVATE YOUR SHOE GAME

"I'm a fan of high-tops. Within my collection, there's a lot of diversity in fabric and colouring. That's what makes sneaks so unique - they change your look instantly."

- HENRIK LUNDQVIST, GOALIE FOR THE NY RANGERS

3



Leather Jacket

BUY Make sure the fit is snug and stay away from excessively shiny buttons and zippers. Soft, buttery leather trumps rigid and heavy.

WEAR You could live in this thing. Over a T-shirt with jeans? Great. Over a shirt and tie? Even better. Feel free to test the boundaries.

TOMMY HILFIGER
JACKET



Styling: Bill Laughlin/Mark Edward Inc., Icon by TWO ARMS

Standout Dress Shoes

BUY Leather or suede. They're the uppers worth investing in.

WEAR Break out from wearing dress shoes only with trousers. Your wingtips and brogues want to date around—and they'll look great paired with distressed denim or chinos.

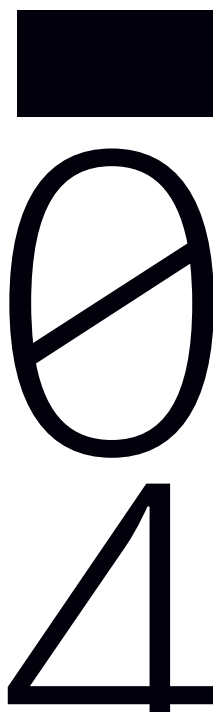
JOHNSTON & MURPHY
SHOES

M
H
S T Y
L E

STYLE SECRET: SYNC YOUR HUES

"I like to match colours, especially with accessories and suiting. If I have an olive tie on, my socks must also contain olive. It helps me feel put-together."

- JOSH PESKOWITZ, MEN'S FASHION DIRECTOR, BLOOMINGDALE'S





▲
A LOOK FOR LEAPING
Land a comfortable
weekend look with
throwback footwear

05

Deconstructed Blazer

● **BUY** Because it lacks the lining and padding of a traditional sport coat, this jacket will feel light on your shoulders.
WEAR It works anywhere you'd rock a normal blazer. Plus, it keeps you from drowning in sweat on hot days.

06

Dark Jeans

● **BUY** When you find the perfect fit, buy three pairs. You'll be set for years — dark denim never goes out of style.
WEAR Straight-leg jeans are versatile enough to combine with anything from a blazer to a baseball jersey.

07

Simple Sneakers

● **BUY** No, these aren't like your neon mesh gym shoes. You're looking for classic designs and neutral colors.
WEAR If you keep them clean, you'll be able to pair them with dark jeans, bright chinos, or even a suit.

The Immortal Leather

BUY Look for zippers and buckles that feel sturdy. This is an investment; spend the cash now for a bag that will last the rest of your life.

WEAR A canvas messenger makes your suit look cheap. Smooth or pebbled leather has the opposite effect.

THIS PAGE:

MICHAEL KORS
BAG

OPPOSITE:

VINCE CAMUTO
JACKET

BURBERRY BRIT
T-SHIRT

PRPS GOODS & CO.
JEANS

CONVERSE JACK PURCELL
SNEAKERS

WALTZING MATILDA
BRACELET



STYLE SECRET: CUSTOMIZE EVERYTHING

"Perfect fit explains why clothes always look better on mannequins. Regardless of the quality of the garment, have it tailored."

- TAYE DIGGS, ACTOR



◀ **CARRY THAT LOAD**
Functional style
can help ease your
weekend chores



Styling: Dan Michel and Sandra Nygaard (men) and Lisette Mora/ArMix Creative (woman), hair and makeup: Danielle Decker/Chanel/ArMix Creative, prop styling: Kendall Faeth, production: Mary Brooks/3 Star Productions; Banana Republic shorts and tank (on her)



09

Fitted T-Shirt



BUY Shoot for 100 percent cotton or a tee with a touch of poly stretch. And it should be snug – unlike the free tee you earned running a 5K.

WEAR Yes, you can wear a blazer over it. No, you can't tuck it in. Ever.

10

Broken-In Chinos



BUY They should fit like tailored pants – or even better, jeans. And pass on any chinos with pleats.

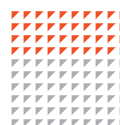
WEAR Shake things up with a pair in grey or slate blue, colours that stand out and still go with everything.

LEVI'S VINTAGE
CLOTHING SHIRT

MICHAEL BASTIAN
PANTS

GILES & BROTHER
BRACELET

THE AVERAGE GUY



39%

Number of guys who
shop for clothes at least
once a month

Source: Men's Health survey

11

Cool Running Shoes

BUY Running trainers you can wear on a night out. Stylish and sporty is a fine line though, so opt for something bright and not too technical looking, even if they are.

WEAR These should look just as good with skinny jeans as they do running shorts. Opt for muted tones alongside them, the shoe is the star of the show.

PUMA, IGNITE
RUNNING SHOE



STYLE SECRET: DAPPER TRAVEL

"I go all over the world with just three outfits: a blue blazer, grey flannel pants, a grey flannel suit, and black tie." - PIERRE CARDIN, STYLE ICON





THE ROUNDUP

KNOWLEDGE IS POWER. KEEP YOUR EAR TO THE GROUND TO STAY AHEAD OF THE PACK

WINNING FORMULA

Tissot revs its engine at Baselworld

There are a few reasons we love Tissot. Firstly, they're one of the most affordable Swiss watches on the market, and secondly, well, they just make damn good products. The motor-ing Tissot PRS 516 Automatic Chronograph was unveiled at Baselworld last month and is based on their vintage 1960s piece, the PR 516. Its straight case lining is based on modern cars' bodywork, and if you'd like to give that extra nod to the heritage, you can actually pick up a model that has the original bracelet (inset) including steering wheel-inspired cut out circles.



RUN, OR ELSE

H&M wants you to get moving

Sometimes it takes hard words to get your workout routine on the go, which is why we like the new sportswear collection from H&M. Threatening tees are just part of a wallet-friendly, good quality range that splits into three sections – running, gym and general outdoors-and-active. Made with tech fibres that'll keep you cool – or warm, depending on where you're at – it'll give the usual sportswear giants a real run for their money in 2015.

Shirt, by H&M, Dhs79

HOLE LOTTA LOVE

Should you be wearing shoes like these?

It's a trend that's been rumbling along for a while now, with a number of shoemakers putting out models made with latticed leather that leaves a clear bit of skin on show. Santoni has gone one step further with a number of shoes in their S/S15 collection that are almost hybrid sandals. We realise that the very mention of the word might just have made you recoil in horror – It's not the coolest of references – but we're championing

these. Wear them with chinos or jeans, with a well fitted shirt and rolled up sleeves for a great smart casual look. Just remember a few things, don't wear socks with them – we're not talking geography teacher geek-chic here – and, as you're in the Middle East, don't forget to apply sun cream to your feet to avoid a rather unusual style of sunburn.

Shoes, by Santoni, Dhs2,200





MAKING WAVES

Havaianas' new collection is just swell

February is one of the peak months for surfing in the Middle East, so we're championing the new Surf Pro Havaianas. With an anatomical sole that moulds to your feet and soft fabric straps made in quick dry material, they're perfect whether an early morning surf is part of your routine, or you simply wander around the beach with a board under your arm in the vain hope it'll attract women.



GONE WEST

An opinion on Kanye's adidas Yeezy 750 Boost

A cross between your girlfriend's grey Uggs, Marty McFly's Nike boots in *Back to the Future* and the sort of footwear you'd expect to see in some type of Orwellian nightmare, Kanye West released his Yeezy 750 Boost sneakers at New York Fashion week. Like the man himself, they've already polarised opinion and we won't be paying the \$3,000 that some are already prepared to part with for them on Ebay. There again, what do we know – on release they allegedly sold out in less than one minute.

WHERE TO BUY STUFF

Armani +971 (0) 4 339 8121	Man/age spa +971 (0) 4 437 0868
Avenue at etihad towers 800 384 4238	Marks & spencer +971 (0) 4 339 8890
Banana republic +971 (0) 4 339 8462	Next +971 (0) 4 340 3898
Baume & mercier +971 (0) 4 339 8880	Omega +971 (0) 4 339 830
Bin hendi +971 (0) 4 348 6361	Panerai +971 (0) 4 339 8444
Blancpain +971 (0) 4 339 8304	Passionata +971 (0) 4 434 0484
Bloomingdale's dubai +971 (0) 4 350 5333	Paul & shark +971 (0) 4 434 1412
Boutique 1 boutique1.com	Paul smith +971 (0) 4 359 0099
Breguet +971 (0) 4 339 8756	Prada +971 (0) 4 501 2870
Burberry +971 (0) 4 339 8357	Puma +971 (0) 4 434 0204
Burjuman +971 (0) 4 352 0222	Ralph lauren +971 (0) 4 330 8005
Calvin klein +971 (0) 4 340 3448	Reiss +971 (0) 4 341 0515
Chopard +971 (0) 4 339 8333	Replay +971 (0) 4 388 2316
Church's church-footwear.com	River island +971 (0) 4 339 9685
Coach +971 (0) 4 339 8670	Rivoli +971 (0) 4 339 8496
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Diesel +971 (0) 4 341 1395	Saks fifth avenue +971 (0) 4 351 5551
Dolce & gabbana +971 (0) 4 341 0626	Sandro +971 4 409 9000
Dsquared +971 (0) 4 339 8709	Santoni +971 (0) 4 501 6888
Dunhill +971 (0) 4 434 0403	Tag heuer +971 (0) 4 339 8555
Fred perry +971 (0) 4 339 9358	Ted baker +971 (0) 4 434 0623
Galeries lafayette +971 (0) 4	Timberland +971 (0) 4 434 1291
Giorgio armani +971 (0) 4 330 0447	Tissot +971 (0) 4 434 0394
Hamilton Shirts hamiltonshirts.com	Tod's +971 (0) 4 341 3033
Harvey Nichols +971 (0) 4 409 8888	Topman +971 (0) 4 324 2866
Havaianas +971 (0) 50 358 2797	Tumi +971 (0) 4 339 8536
Hogan +971 (0) 4 341 3144	Van cleef & arpels +971 (0) 4 339 8001
H&M +971 (0) 4 341 5440	Vans at level shoe district, +971 4 5016 888
Koton +971 (0) 4 434 0750	Vilebrequin +971 (0) 4 392 7456
Lacoste +971 (0) 4 339 8294	West LA Boutique +971 (0) 4 394 4248
Logsdail +971 (0) 4 3233 148	Y3 at boutique 1
Longchamp +971 (0) 4 339 8460	Zegna +971 (0) 4 339 8749



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Colin Farrell has sampled all the highs and lows of life. "There were years where if I got to the sink to brush my teeth, it was an event," he says, laughing. Now he's starring in the second season of HBO's *True Detective*, and he's feeling good. "I am hygienic now. I brush regularly." We respect that. Here are key elements of his lifestyle.

— Sandra Nygaard

DOLCE & GABBANA POUR
HOMME INTENSO
GOORIN BROS.
HAT



1/ Fragrance

"A man's scent gives an essence of what he's about," Farrell says. "For me, it's [Dolce & Gabbana] Intenso. If I'm wearing cologne, that's the one. It doesn't overpower; it's delicate, but it's still masculine."



2/ Massage

"A lot of people aren't in touch with their bodies. We live in our heads too much, in conceptual worlds with a high importance on intellectualism. Massage helps turn our attention back to our bodies."



3/ Hats

"I have a lot of hats – trilbies, Stetsons. I used to forget to bring one with me when I travelled, so I'd buy another. My friends and family started buying them for me. They multiplied like Gremlins."



4/ Bookstores

"When you walk in, there's almost a molecular ghost of all human endeavour – the tears, pain, joy, and curiosity – all the unanswered questions. It's all right there, stacked up on the shelves."



5/ Bracelets

"I wear a lot of them, but they have meaning. Each of the fandangles on my wrists was given to me by a friend or a family member. They're as much tokens of good luck as they are fashion accessories."



MY ESSENTIALS

COLIN FARRELL
WHERE DOES A LOVABLE
ROGUE FIND HIS STYLE
INSPIRATION? IN SURPRISING
PLACES AND PLEASURES



Women's Health Middle East

NOW AVAILABLE
ON THE APP STORE & THE GOOGLE PLAY STORE



DOWNLOAD YOUR DIGITAL ISSUE TODAY
GO TO THE APP STORE OR GOOGLE PLAY STORE AND SEARCH FOR
WOMEN'S HEALTH MIDDLE EAST





4 TRICKS FASHIONABLE GUYS KNOW

DETAILS ARE EVERYTHING. SHARPEN YOUR IMAGE WITH A FEW SIMPLE TWEAKS

Fit Your Face



Wide Face

Narrow collars lengthen your face, says David Hamilton, a co-owner of Hamilton Shirts.



Medium Face

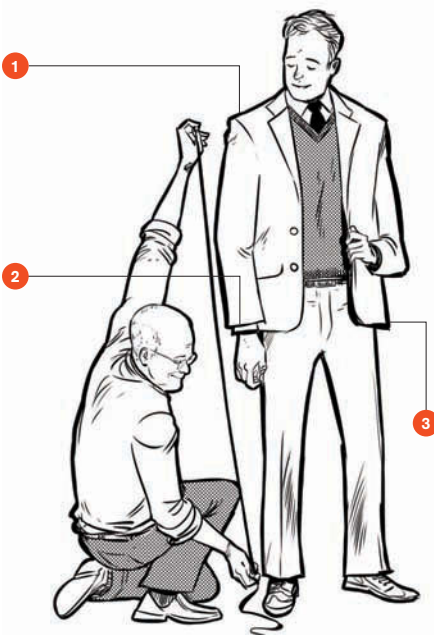
Go with a semi-spread collar. It's classic, and it will create the perfect cradle for a tie knot.



Thin Face

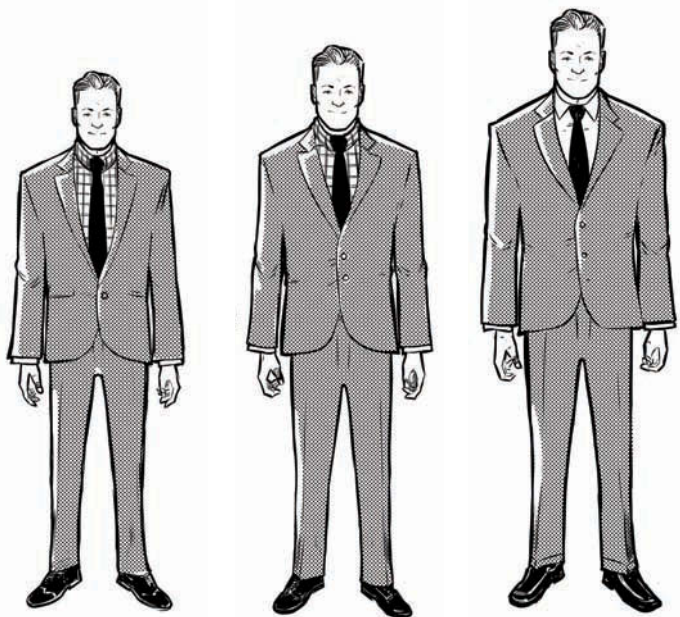
Have a mug like Ethan Hawke's? A spread collar can strengthen your jawline, says Hamilton.

Train Your Tailor



- 1/ Strengthen the Silhouette** Have the shoulder seams set directly atop your shoulders, says Matt Harpalani of Imparali Custom Tailors in New York City.
- 2/ Show Some Hand** The sleeves should end at the crook of your wrist. You want them short enough to leave a quarter inch of your shirt cuffs exposed.
- 3/ Cut It Short** Ask your tailor to take up the bottom of your jacket so it covers most of your backside.

Dress for Your Height



Short/ One-Button

A single-button suit leaves more of your shirt exposed, so you look taller. "That longer V in your chest will elongate your torso," says Harpalani.

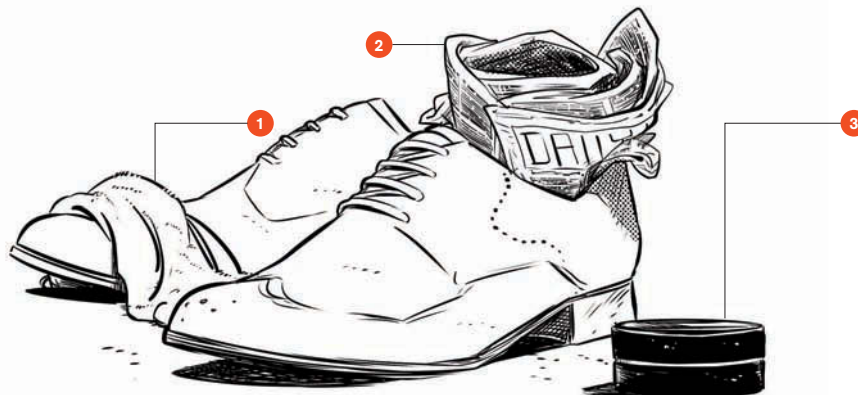
Average/ Two-Button

Truth is, nobody looks bad in a two-button suit, says Harpalani. If you're medium height – or just content to look short or tall – make this your default.

Tall/ Three-Button

Big man in a small world? This is your cut. The longer front panel leaves a shorter vertical line coming from your collar, so you appear like less of a giant.

Rescue Your Drowned Shoes



1/ Dry

First, wipe them off with a clean cloth. "Leaving leather wet can ruin it," says Lane Gerson, cofounder of the footwear brand Jack Erwin.

2/ Stuff

Put crumpled newspaper in them; replace the paper when saturated. Repeat until almost dry; insert cedar shoe trees.

3/ Condition

Rub them down with a good leather conditioner. — DAN MICHEL



SEE YOU AT HOME TONIGHT.

Chef Nader and Dana for 'Fit Chef Shoo Laziz' Thursdays at 7:30 PM KSA

